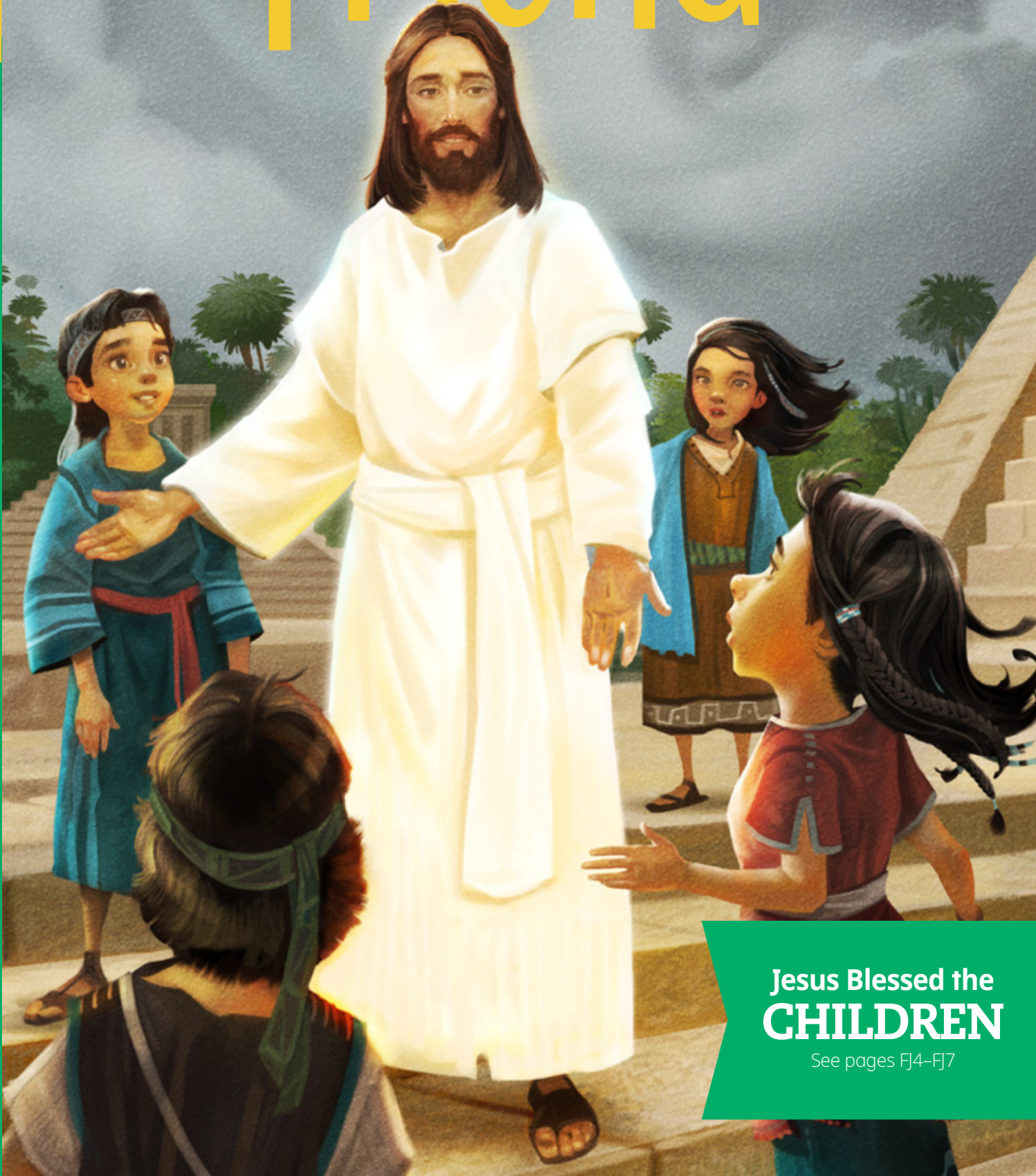


October 2020

# the Friend



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

Jesus Blessed the  
**CHILDREN**

See pages FJ4–FJ7



# Friends by Mail



## Collecting Friends!

I like to collect the *Friend* magazines!  
**Benjamin G., age 10, Utah, USA**



## Enos Prays



I enjoyed making a scene of Enos praying all day and night (March 2020). It is amazing that he prayed so long. I couldn't do that! We had fun using it for our *Come, Follow Me* scripture study and home church with my family.  
**Annie M., age 8, Virginia, USA**



## Temple Construction

We made temples out of marshmallows and toothpicks for home evening (Dec. 2019)!  
**Isaac W., age 11, California, USA**

## Dear Friends,

With COVID-19, it's been a challenging year for everyone. Thank you for sending us inspiring stories about how you've gotten through it. Some of you have asked why we don't show social distancing in our stories. That's because most of them were finished before the pandemic. But this month we're sending you two extra stories about showing love and feeling peace from the Holy Ghost during COVID-19. You can find them online and in Gospel Library with the October *Friend*.

Stay strong!  
The *Friend*

## STANDARDS SEARCH!

Can you find a story about someone being kind at school?

I found it! Page \_\_\_\_\_.



**Bonus challenge!** Memorize this month's standard: "I will seek good friends and treat others kindly" (*Children's Guidebook*, 63).

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

# the Friend

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

COME,  
FOLLOW ME

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

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## Find 3 Hidden CTR Rings

**Hard:** Thankful for this food

**Harder:** Turn away

**Hardest:** In a special place

## Volume 49 Number 1 January 2019

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Henry B. Eyring

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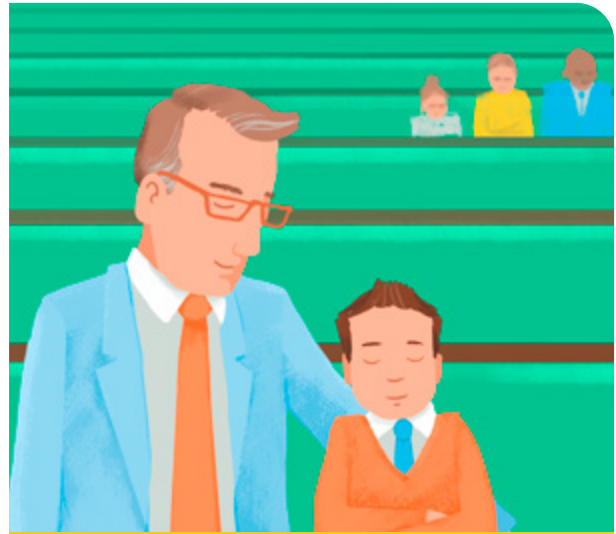
**By President  
Dallin H. Oaks**  
First Counselor in  
the First Presidency

# The Sacrament and Me

The sacrament is the most important part of church. When we take the sacrament, we promise to always remember the Savior. To make the sacrament special, we . . .



Dress to show we honor  
the sacrament.



Sit quietly before the  
meeting begins.



Sing the sacrament hymn.



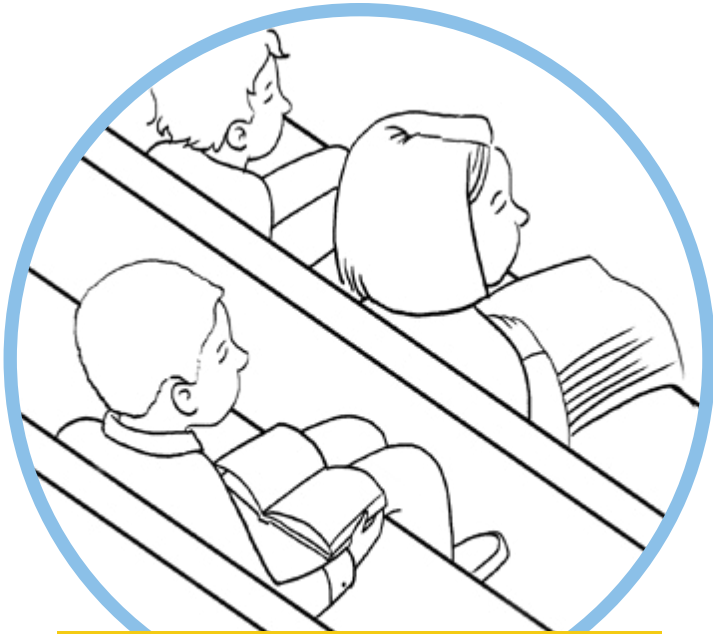
Think about Jesus and promise  
to always remember Him.

The sacrament helps us feel the Holy Ghost.  
It helps us stay on the path back to our heavenly home. ●

*Adapted from "Sacrament Meeting and the Sacrament," Ensign, Nov. 2008, 17–20.*

## Showing Love for Jesus

We can show our love for Jesus by being reverent during the sacrament. What do you do during the sacrament?



Sit quietly.



Think of my favorite sacrament hymn.



Think of a story about Jesus.



Pray to Heavenly Father.

Kali just wanted a friend.

# Lonely Lunchtime

By Stacy Lynn Carroll

(Based on a true story)

*"The Holy Spirit whispers with a still small voice"*  
(Children's Songbook, 105).

Kali walked into the lunchroom and looked around. All the other kids were running straight to their friends and sitting down at tables. The room was noisy with excited voices and happy laughter. It was only the second day of school, but it seemed like everyone had someone to sit with but Kali.

She squeezed the handle of her lunchbox and walked to one of the tables. "Can I sit by you?" Kali asked.

A girl with a long, brown braid looked up. She huffed and shook her head. "No. It's taken," she said.

"OK." Kali moved to another empty seat and set down her lunchbox.

"You can't sit here! I'm saving that seat," a boy in a red-striped shirt said. He pushed Kali's lunchbox onto the floor. His friends all laughed.

Kali bent down and picked up her lunchbox again. She walked across the lunchroom and sat at an empty table. She saw someone from her neighborhood and waved, but he looked the other way. Kali frowned. Why didn't anyone want to be her friend?

Kali looked down at her food. She didn't feel like eating anymore. She wiped her eyes, closed her lunchbox, and walked outside.

Everyone was already playing with their friends. Kali sat by herself on a bench and watched the other kids having fun without her. Then Kali noticed a boy about her age





sitting alone on the grass. He was wearing a stained yellow shirt, and his hair stood up in the back.

Kali looked away. She saw a group of girls from her class playing foursquare. She wished they would invite her to play with them.

Kali looked at the boy again. His head was hanging down, and he was picking the grass around his feet. Kali remembered something Mom sometimes said: *Look for the kids who are lonely.*

Kali frowned. *She* was lonely too. Nobody was trying to be *her* friend!

But then Kali thought about when she got baptized last year. She promised to listen to the Holy Ghost. Maybe the Holy Ghost was helping her remember what Mom told her. Maybe the Holy Ghost was trying to tell her to play with the boy in the yellow shirt.

Kali got to her feet. A warm feeling spread in her heart. She walked over and sat next to the boy in the grass.

“Hi,” she said.

“Hi,” he mumbled back.

“What’s your favorite color?”

“Um . . . green.”

“That’s cool. I like pink,” said Kali. “Do you have a favorite animal?”

The boy sat up a little straighter and looked at her. “Yeah. I really like dinosaurs.”

“Oh, me too. My favorite is a triceratops.”

The boy smiled.

Soon the bell rang. Kali got to her feet and waved goodbye to the boy. She smiled as she walked back to her classroom alone. She might not have a best friend, but she felt happy knowing she had made someone else’s recess a little better too. ●

The author lives in Utah, USA.



I was in a big rush to get to school. But then I had this feeling that I should grab a bag of chips at home first. After lunch, my friend Drew looked kind of sad. I asked him what was wrong. He said that he had forgotten his lunch. I remembered my chips, so I gave them to him. Drew said, “That’s the nicest thing anyone has done for me at school.”

Durham M., age 11, Utah, USA

See *Come, Follow Me* for 3 Nephi 17–19.

# MY FAMILY NIGHT FUN

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

## Remembering Jesus

For 3 Nephi 17–19



**Sing** “Reverently, Quietly”  
(*Children’s Songbook*, 26).

**When Jesus** visited the Nephites, He taught them about the sacrament (see 3 Nephi 18:1–12). Read a message from President Oaks about the sacrament on page 2.

**Draw a picture** of Jesus! As you do, talk about ways you can remember Him when you take the sacrament.



## Tithing Time

For 3 Nephi 20–26



**Sing** “The Church of Jesus Christ”  
(*Children’s Songbook*, 77).

**In 3 Nephi.** Jesus taught about paying tithing (see 3 Nephi 24:8–10).

**Read the story** on page FJ8 about a girl who pays tithing for the first time. Then use real coins or the paper coins on page 8 to practice paying tithing.





## Kindness Charades

For 3 Nephi 27–4 Nephi



**Sing** “Love at Home” (*Hymns*, no. 294).

**After Jesus** went back to heaven, the people lived happy lives “because of the love of God” in their hearts (4 Nephi 1:15). They were kind to everyone and loved their families. You can read the scripture story on page FJ4 to learn more.

**Now play** kindness charades! Take turns silently acting out doing something kind, like sharing a toy. Then have everyone guess what the kind deed was!



## Gratitude Challenge

For Mormon 1–6



**Sing** “Jesus Said Love Everyone” (*Children’s Songbook*, 61).

**The prophet** Mormon was sad because his people didn’t remember how Heavenly Father had blessed them (see Mormon 3:3). What blessings has Heavenly Father given you? How can you show Him that you are grateful?

**Time for a family** gratitude challenge! Each day for one week, write or draw a picture of something you are grateful for. You could make a paper chain out of what you write, or start a gratitude wall and hang up the pictures you draw.



## TREAT TIME

### Apple–Pie Snack Cups



Crush a **graham cracker** and place crumbs in the bottom of a small cup. Add a layer of **diced apples** and 3–4 tablespoons **applesauce**.



Top with **whipped cream** and a sprinkle of **cinnamon**. Repeat for more cups.

### Veggie Dip



Use a mixer to combine 1 8-oz (about 225-g) package **cream cheese** (softened), 2 tablespoons **milk**, and 1 teaspoon **garlic salt**. Add 1/4 cup chopped **bell pepper** and mix in.



Use your favorite **vegetables** for dipping.

### S’more Pretzel Bites



Lay **pretzels** on a cookie sheet and put 3 **mini marshmallows** on each pretzel. Set oven to broil on low and cook for 1–2 minutes. Place a piece of **chocolate** on each pretzel, and then broil again for 1–2 more minutes.

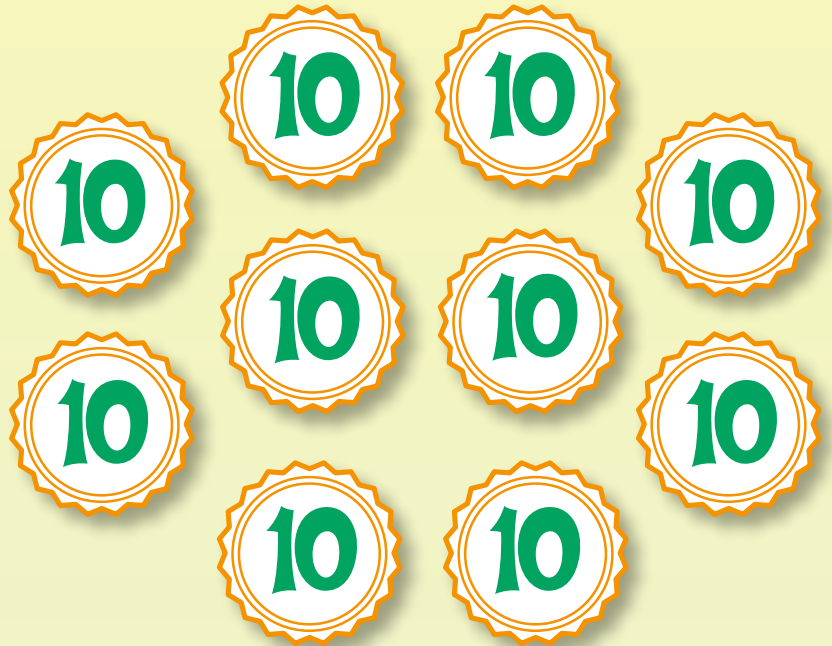


Remove from oven and add another pretzel on top of each chocolate. Enjoy!

# Tithing Time

Heavenly Father asks us to pay tithing.  
That means giving one-tenth of the money we get.  
You can use this page to practice!

Count the coins. For every 10 that you count,  
color one. The colored coins are what you would  
pay as tithing!



Ready for something a little harder? Add up the money below. Then color the coins you would pay as tithing. (Remember, for every 10, you give one.) Check your answer on page 39.





**Andrew R., age 11, Arizona, USA**

I couldn't wait for Halloween. It's my second favorite holiday. When my costume arrived, I put it on and spent the rest of the day playing superheroes with my little brothers.

But as I was getting into bed, I felt sad. It was fun pretending to be a superhero, but I didn't feel very special. I decided that if I didn't want to be sad, I should pray. I asked Heavenly Father to help me feel more special. As I climbed into bed, I didn't feel any different.

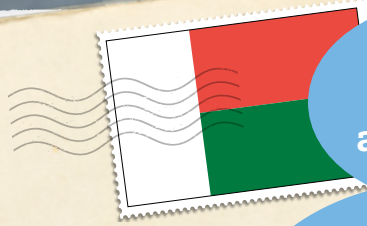
The next day at school, my teacher told everyone

to write a letter to themselves, saying all of the things you love about yourself.

At first I didn't know what to write, but I just started writing. I wrote, "I am special because I am very fast. I am also smart and brave, and I can make new friends. I am creative, neat, funny, and a hard worker."

I went on and on until the whole page was full. When I turned it in, I heard a quiet voice whisper, "And most importantly, you are a child of God." That made me happy. ●





Hi, we're Margo and Paolo.

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



REOBIKAN 'I MADAGASIKARA  
Hello from Madagascar!

**Madagascar** is an island off the east coast of Africa. It has many plants and animals that aren't found anywhere else in the world—like this ring-tailed lemur!



These boys are helping bring back plastic jugs with water. How do you help your family?



The Church is small in Madagascar, but it is growing! Right now there are 16 wards and 26 branches there.

Meet some of our friends from Madagascar!

More types of chameleons live in Madagascar than anywhere else in the world!



I know that Jesus Christ is our Savior.

**Nathan, age 7, Antananarivo Province, Madagascar**



Russell M. Nelson is a prophet of God.

**Nomena, age 6, Antananarivo Province, Madagascar**



Many people in Madagascar eat rice two or three times a day, sometimes with vegetables, beans, or meat.

**Are you from Madagascar? Write to us! We would love to hear from you.**



These huge baobab trees can store lots of water in their trunks—up to 120,000 litres (31,700 gal)!

**NAMANA!**



The Malagasy word for "friend" is *namana*. If you could meet a new friend in Madagascar, what would you tell them?



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



# FANEVA THE MISSIONARY

By **Marissa Widdison**  
Church Magazines  
(Based on a true story)

**F**aneva looked out the window at the busy street outside his house. He could see people pulling carts of vegetables, rice, cloth, and other goods to sell. He could hear car horns honking and dogs barking. Then he heard another sound.

“Mama, someone is knocking!” Faneva called out. Mama opened the door. Two young men wearing white shirts were on the doorstep. Faneva had never seen anyone

dressed like that in his neighborhood in Madagascar before.

“We are missionaries from The Church of Jesus Christ of Latter-day Saints,” one of them said. “We teach people about Jesus. Can we share a message with you?”

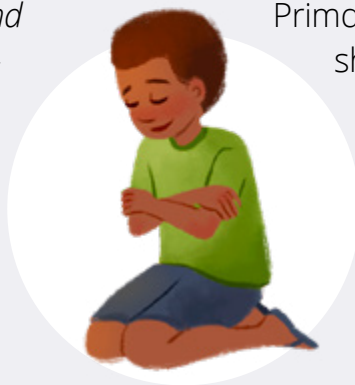
Faneva was excited when Mama invited them inside. The whole family gathered to hear about Jesus Christ and how His Church was on earth again.

After that day, the missionaries visited Faneva's family many times. They brought a book called *Book of Mormon Stories*. Faneva loved reading it with his family!



*Someday I will be a missionary and share the Book of Mormon with others,* Faneva said to himself.

Another time when the missionaries came, they taught Faneva's family how to pray. Faneva learned that he could talk to Heavenly Father anytime, anywhere.



*Someday I will be a missionary and teach people about prayer,* Faneva thought.

One day the missionaries had an important question.

"Will you follow the example of Jesus Christ and be baptized?" one of them asked.

Faneva felt happy in his heart. "Yes!" he said.

"Yes!" his brother and Mama said.

Papa said that he wasn't ready to be baptized yet. But he was OK if the rest of the family was baptized. And so they were! Faneva was baptized by one of the missionaries who had taught him about Jesus.

*Someday I will be a missionary and help people get baptized,* Faneva thought.



One of the best parts of being a member of the Church was going to Primary. Faneva loved the activities and meeting new friends. But his favorite thing of all was singing Primary songs. One Sunday in Primary, they were singing songs about sharing the gospel.

"I want to be a missionary now," Faneva sang. "I don't want to wait until I'm grown."

*I can start doing missionary work now,* Faneva realized. *I don't have to wait until someday!*

From then on, Faneva looked for ways he could share the gospel. He tried to be a good example. He invited people to church. He helped his neighbors. After a few years, he was old enough to go with the missionaries to teach people in his city. In a few more years, he served a mission himself—meeting new people and sharing the gospel, just as the missionaries had shared with him. ●



"I'd rather spend time with the missionaries than do anything else," Faneva says. He was called to serve as a missionary in his home country of Madagascar.



# Sharing the Gospel

By **Elder Edward Dube**  
Of the Seventy

*“Learn of me . . . and ye shall find rest unto your souls”  
(Matthew 11:29).*

A man I worked for gave me a copy of the Book of Mormon. But I didn’t read it for almost two years. One Sunday, I picked up the Book of Mormon and went to a railroad line outside the town where I lived in Zimbabwe. I sat down and began reading.

At first, it was hard to understand. But I reread Joseph Smith’s testimony over and over again. His words touched my heart.

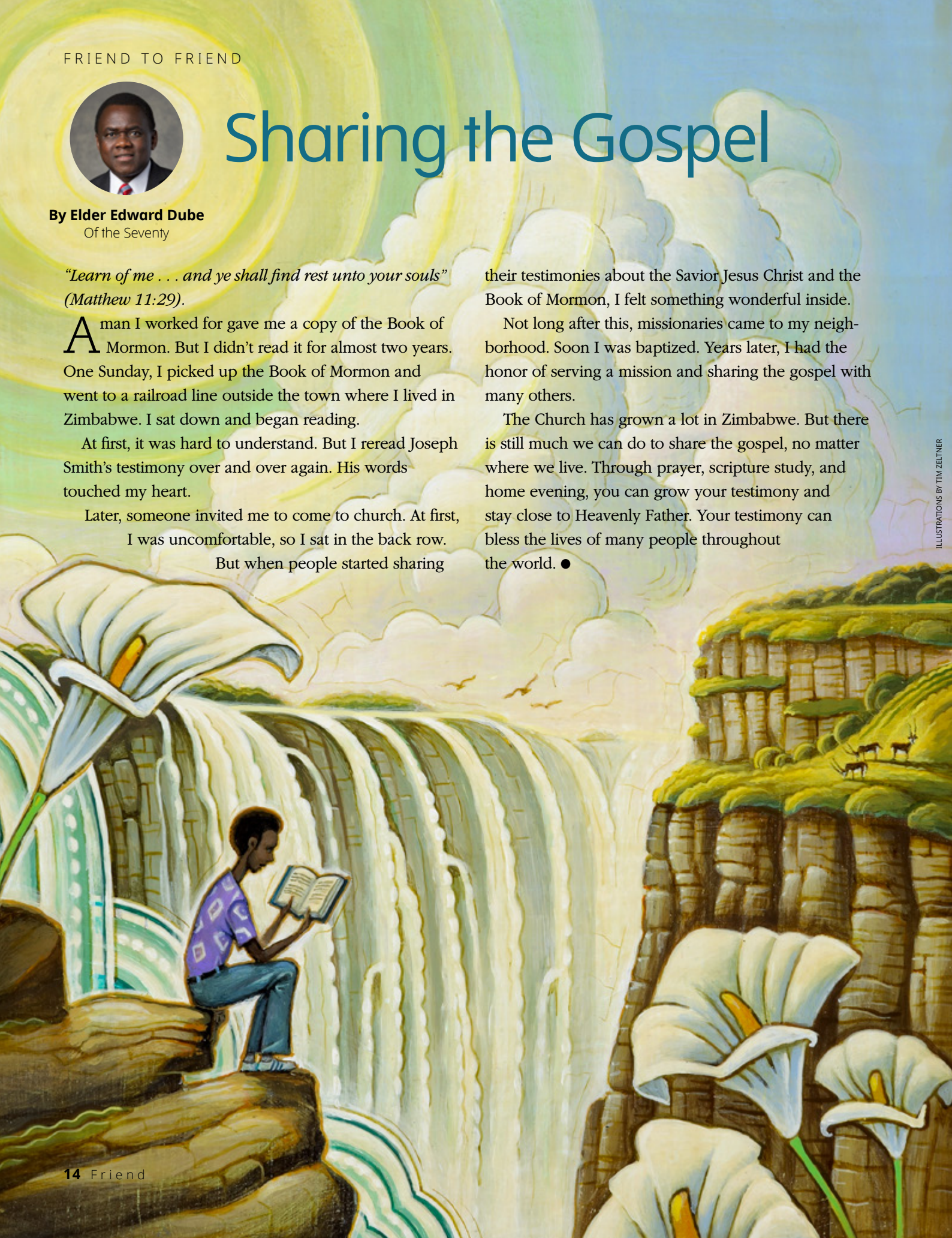
Later, someone invited me to come to church. At first, I was uncomfortable, so I sat in the back row.

But when people started sharing

their testimonies about the Savior Jesus Christ and the Book of Mormon, I felt something wonderful inside.

Not long after this, missionaries came to my neighborhood. Soon I was baptized. Years later, I had the honor of serving a mission and sharing the gospel with many others.






The Church has grown a lot in Zimbabwe. But there is still much we can do to share the gospel, no matter where we live. Through prayer, scripture study, and home evening, you can grow your testimony and stay close to Heavenly Father. Your testimony can bless the lives of many people throughout the world. ●














# Crack the Code

Can you crack the code to find out what this message says?  
Write down the letter that each picture starts with. Check your answer on page 39.



# Mother Teresa



# and the Rescue

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

**M**other Teresa was a woman who loved serving God and helping people. She was called “Mother” because she was a nun in her church. When she was 18, she moved to India and started teaching children there. When they didn’t have paper or pencils, she drew the alphabet in the dirt with a stick. She also took care of people who were sick or poor. For many years, she lived with them and tried to help them.

She knew God loved all people. And she spent her whole life loving and helping them.

When Mother Teresa was 72 years old, a war started in Lebanon. Someone told her that there were some children who were stranded

in a hospital there and needed help.

Many of them couldn’t walk or talk. They didn’t have any food to eat. And they were afraid because of the war going on outside the hospital. The children needed help getting to a safe place.

Mother Teresa wanted to help these children. So she traveled to Lebanon. When she got there, she talked with some men to make a plan.

“We need to rescue the children in the hospital,” she said.

“That’s a good idea,” one of the men said. “But it’s too dangerous.”



Mother Teresa probably looked small standing next to the men. But her faith was great and strong.

"I believe it is our duty," she said.

"But do you hear the bombs?" another man asked.

"Yes, I hear them."

"It's absolutely impossible to go to the hospital now," he said. "You simply cannot go unless the fighting stops."

Mother Teresa smiled a kind smile. "I prayed," she said. "I'm sure the fighting will stop long enough for us to help the children."

The men were surprised by Mother Teresa's faith. They agreed that if it was safe, they would take her to the hospital the next day.

When Mother Teresa woke early the next morning, everything was quiet. There were no bombs. The fighting had stopped. It was safe to rescue the children! She left right away.

Mother Teresa led a group of helpers to the hospital. When she walked inside, the children were huddled together in the middle of the room. They were scared. Some of them were crying.

Mother Teresa walked quietly toward them and gave hugs to the little ones. Even the

children who were most afraid felt safe in her arms. She shook hands with the older children. Her hands were wrinkled, but gentle and warm.

She knew God loved these children. And she loved them too.

One by one, Mother Teresa and the helpers carried the children out of the hospital. They wrapped them in warm blankets. They put them gently into ambulances. Then they drove them to a safe place where more people could help them.

The next day, the bombs and fighting started again. But the children were safe! God had given Mother Teresa just enough time to rescue them.

Mother Teresa went on to help people for many more years. She knew that when she prayed in faith, God would help her share His love. ●

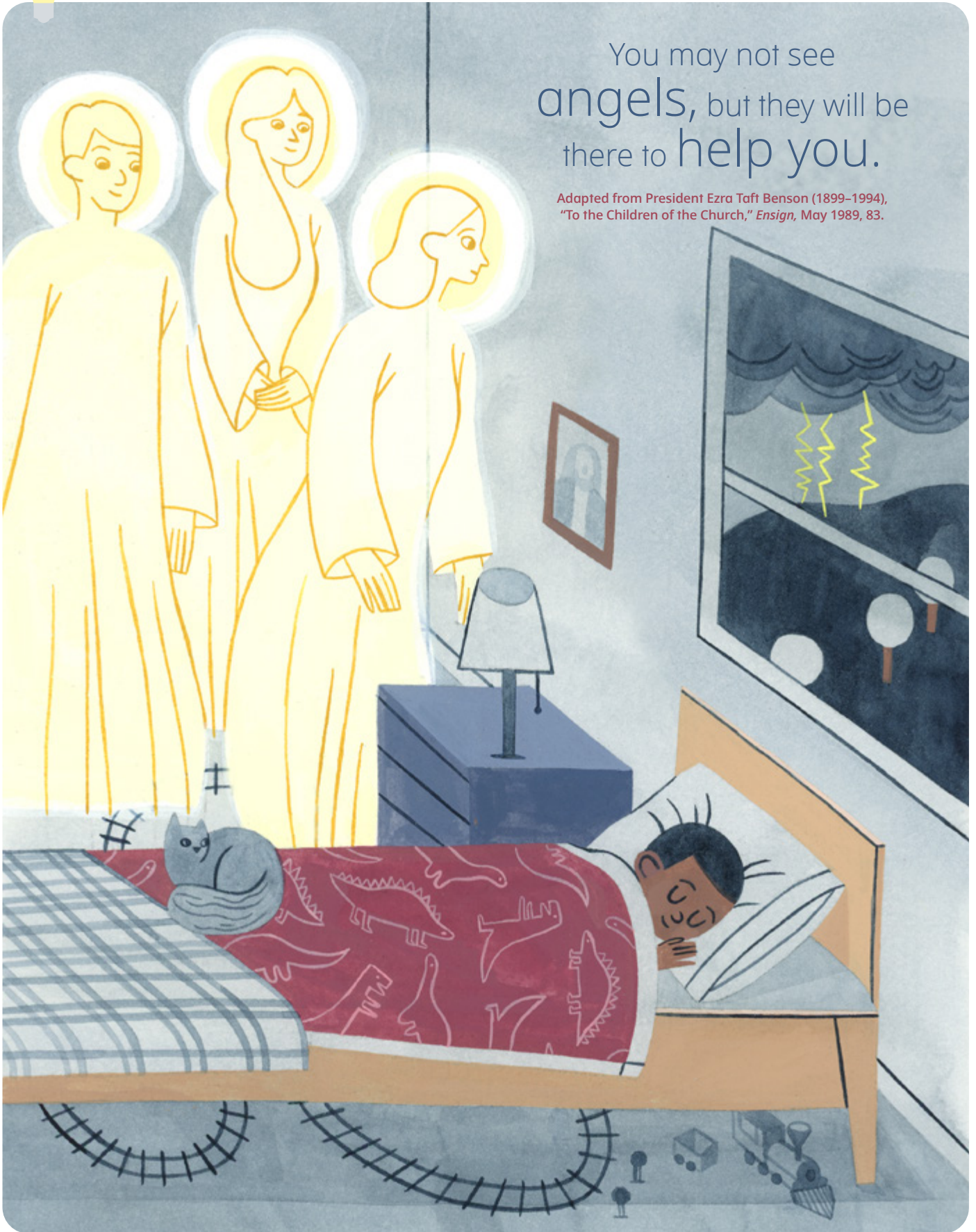
Mother Teresa (1910–1997) helped set up hospitals and schools in many different countries. She was always looking for ways to help others. She said, "We shall never know all the good that a simple smile can do."





You may not see  
angels, but they will be  
there to help you.

Adapted from President Ezra Taft Benson (1899–1994),  
"To the Children of the Church," *Ensign*, May 1989, 83.



# Cat Quiz

These kids are volunteering at an animal shelter. Use the clues to figure out each cat's name! (See page 39.)

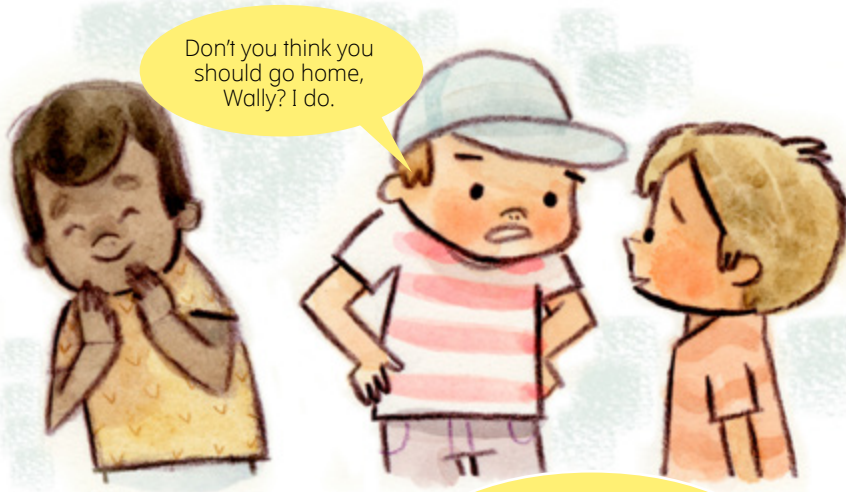
1. Whiskers is sharing a water bowl with Neptune.
2. Neptune and Max are wearing matching collars.
3. Luna is above Max but below Tiger.
4. Rocky and Smokey are playing with the same cat toy.
5. Rocky and Vanessa's tails are touching.



# TYLER TRIES AGAIN

By Ray Goldrup  
(Based on a true story)

The author lives in Utah, USA.



I didn't mean to stain the couch. I'm sorry.

It's OK. Let's clean it together.



Who knew getting out a spot would be so much work?

Mistakes happen, but we can fix this.



Something else happened that I need to fix.

Sure!

I'm really sorry we were mean to you. Do you want to play?



ILLUSTRATION BY JESS GOLDEN



# Come, Follow Me

Primo

Duet for piano

Words by John Nicholson  
Music by Samuel McBurney  
Arranged by David Bauman

With conviction ♩ = 69–76

4

*Play one octave higher*

1 3 1 2 5 2 1

*mf* "Come, fol - low me," the Sav - ior said. Then let us

10

1 2 1 2 3 1

in His foot - steps tread, For thus a - lone can we be

*mp*

16

4 5 3 1

one With God's own loved, be - got - ten Son.

*mf*

21

2 14 rit. a tempo 4

43

*mf* 2 4 1 2 5 1 2 3

50

2 2 4

55

5 3 5 1

*p* 4 4

You can find the second part of this duet at [friend.ChurchofJesusChrist.org](http://friend.ChurchofJesusChrist.org) or in this month's *Ensign*.

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# Find It!

Antonio set a goal using his *Children's Guidebook* to learn how to paint. His Primary class wants to learn with him!  
 Find 12 jars of orange paint and 19 pumpkins.



# SAYING NO, HEARING NO

Heavenly Father loves us and wants us to be safe! Saying no when we need to and respecting others when they tell us no are ways we can keep ourselves and others safe.

Sometimes you need to say no in a nice way.



No, thank you. May I please have water instead?

How could you say no in a nice way?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sometimes you need to say no in a stronger way.



I don't want to see that! We shouldn't be looking at it.

How could you say no in a stronger way?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sometimes people tell us no to help us stay safe and healthy.

Sorry, you can't go.  
It's not safe.



What should you do when an adult tells you no?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sometimes people tell us no when they feel uncomfortable.

What should you do when someone asks you to stop?



Stop! I don't like this game.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What if people don't listen when you say no?  
What if they hurt you or do something mean?

- ★ Walk away if you can.
- ★ Tell an adult you trust about what happened.
- ★ Remember that it's not your fault.
- ★ No matter what happens, know that your Heavenly Father and Jesus Christ always love you!

# ELDER DALE G. RENLUND

Of the Quorum of the Twelve Apostles



Elder Renlund will be 68 years old this year. His birthday is November 13!



Elder Renlund helped his father build a chapel in Helsinki, Finland.

He served as a missionary in Sweden.



He and his wife, Ruth, have one daughter, Ashley.



“Our Heavenly Father and Jesus Christ desire to bless each of us.”

Elder Dale G. Renlund

“Abound with Blessings,” *Ensign*, May 2019, 70.

# Who Did What?

Each of these kids wanted to do something extra nice for someone else to follow Jesus's example. Follow the lines to see what they did. See answers on page 39.

1. Calvin



2. Cara

3. Tad



4. Haya

5. Emilio



A.



"I made my mom her favorite sandwich for lunch!"

B.



"My little sister has a favorite book. I read it to her five times in a row!"

C.



"I made a card for my Primary teacher to thank her for all her great lessons."

D.



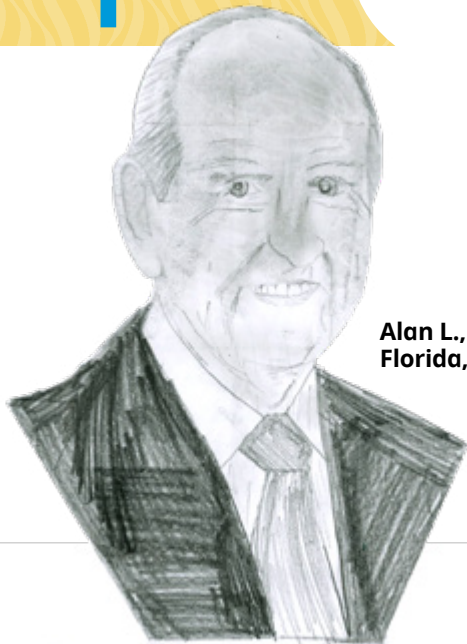
"I folded all of Dad's laundry before he could even start!"

E.



"I made a video of Grandma telling how she met Grandpa. Now I can share it with my whole family."

# Show and tell



Alan L., age 12,  
Florida, USA

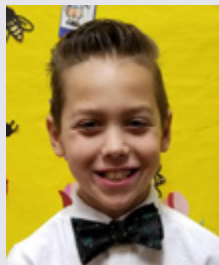
President Russel M. Nelson



Ella S., age 7, Missouri, USA



Jack M., age 13, California, USA



A new boy came to school. I met him, and now he is my friend. I know it is always a good

idea to make friends.

Grant S., age 10, Virginia, USA



I dove off the diving board at the end of my swimming lesson. I wasn't focused and bonked my chin. I went to the hospital and was scared I would get stitches. The doctor put some glue on my chin instead. I was grateful that Heavenly Father protected me.

Liberty S., age 7,  
British Columbia, Canada



I decided to fast to not get so annoyed with my brother. At the time, I didn't know that soon we would be quarantined because of COVID-19.

Little by little, Heavenly Father helped me have a better relationship with my brother. I know that if we fast and pray, our prayers will be heard.

Lucy B., age 9, Arizona, USA



Last year, we gave invitations to all of our neighbors to come to our Primary program. One of our neighbors came and wants to come again.

Brielle and Grace S., ages 6 and 10,  
Washington, USA



I am the oldest child in my family. I set an example to my siblings when I chose to get baptized.

Cam S., age 9,  
Iowa, USA



I say thank you to my mom each day for making dinner.

**Emmett H., age 10, Texas, USA**



A friend from my apartment building ended up being in my class at school. I sat next to him and

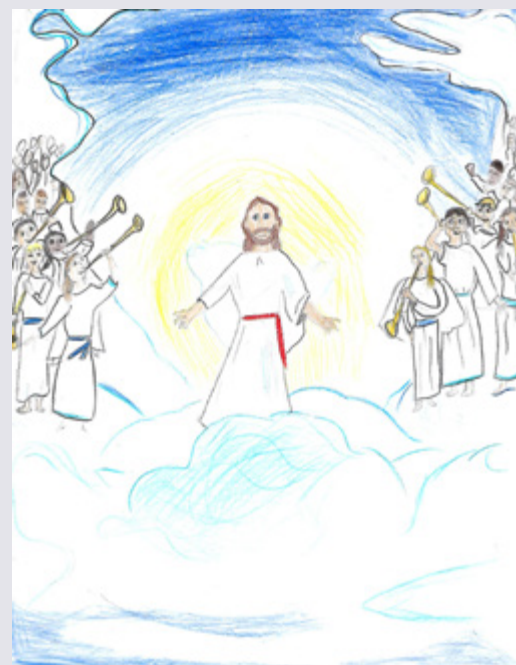
helped him. It made me feel good inside. I felt the Holy Ghost.

**Christalynn F., age 8, Utah, USA**



I am reading the Book of Mormon like President Nelson asked us to. I read with my family, on my own at night, and sometimes at school. At school, kids ask me what book I'm reading. I tell them what it is and about the gospel. It makes me feel good that I get to talk about the Church to others who haven't heard about it.

**Will M., age 12, California, USA**



**Harrison B., age 10, Georgia, USA**



**Amaya S., age 9, Hawaii, USA**



**Claire, Emily, and Logan M., ages 7, 3, and 5, Utah, USA,** worked together sewing masks and finished 100 masks in less than a week! It was fun but hard. They know that by serving others, they are serving Jesus.

# MATT AND MANDY

The Coopers are gathered for family scripture time.



Whoa!

What is it, Matt?



Some of the people listening to King Benjamin were kids like me.



How cool would it be to live in those days?!



Yeah.

Just being an ordinary kid and sitting there listening to a prophet.



Well, we're already ordinary.

Yeah, we're good at that!



And guess what else we've got in common.

In fact, it's happening this weekend.

What?

...Oh! Yeah!



That weekend...

We welcome you to the 190th Semiannual General Conference...



# for older KIDS

## FAMILY HISTORY CORNER

Play a family trivia game! Make a list of questions and have each member of your family answer them. Then have a quiz at home evening to guess who gave each answer!



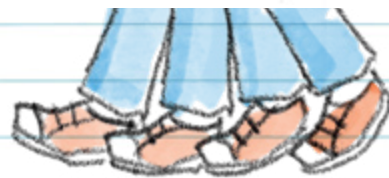
## A LOOK INSIDE THE TEMPLE

This room is called a sealing room. Families and couples can kneel at the altar to be sealed so they can be together for eternity. Use the word search to find which country this temple is in. Hint: The city is called Kyiv. See answer on page 39.

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

## BRAINTEASER

I have four legs but cannot walk. What am I?  
(See page 39)



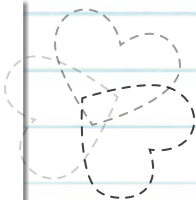
## SECRET SERVICE

- Make a list of what you love about your family and hang it where people can see it.
- Call a grandparent or another family member you don't see often.
- Make a card for your teacher, librarian, or school nurse.



## ART CHALLENGE

Cut out paper hearts, then overlap and glue them together to make a flower! Thanks to Eleanor R. for the idea.



## ARTICLES OF FAITH



The Articles of Faith inspire me to be a better boy, and I try to do what is right to be a good missionary.

**Jonathan M., age 11,  
Sololá, Guatemala**

# Call Dad

*If I pedal hard, I can make it home before the streets flood.*

**By Julie Cornelius-Huang**

(Based on a true story)

*“Be of good cheer, for I will lead you along”  
(Doctrine and Covenants 78:18).*

**Y**u stepped out of cram school onto the busy sidewalk. His head was full of math facts from his after-school class. People hurried by with umbrellas. Fat raindrops were falling fast, and the street was soaked.

Yu’s friend Lin stepped out beside him. “You should call your dad to pick you up,” Lin said. “Mr. Zhang says it’s flooding in some parts of the city.”

“I can get home on my own.”

“But look at all the water!” Lin said, pointing to the water flowing swiftly in the gutter.

For a moment, Yu had a funny feeling. Was Lin right? Maybe he *should* call Dad to drive him home before the streets flooded.



But he and Dad had an argument last night, and Yu was still angry. He didn't want to ask Dad for help.

Yu unchained his bike and said goodbye to Lin. *If I pedal hard, he thought, I can make it home before the streets flood.*

He pedaled hard, but soon his hands were cold, his clothes were soaked, and he was exhausted. Once again, the thought came to call Dad. Was the feeling from the Holy Ghost? The missionaries who baptized him had said that the Holy Ghost could be his guide. Yu glanced at the sky. It was so grey that he couldn't see the tops of the buildings. But he was still mad at Dad.

Yu ignored the feeling and kept pedaling. The water got so high that shop owners closed their stores. People moved belongings to higher floors. Yu saw a mother pulling her two children through the flood in a little plastic boat.

With the water now past his ankles, Yu could no longer pedal his bike. He got off and pushed. It was probably too late to call Dad now, and the rain was still coming down. Thunder boomed and lightning flashed above him. Yu felt afraid. And he was so tired! He looked ahead. Home was still far away. He shouldn't have ignored the Holy Ghost just because of a silly argument.

Yu stopped to say a short prayer. He couldn't hear his voice above the rain and thunder, but he knew that Heavenly Father could hear him.

"Heavenly Father," Yu prayed, "please help me get home safely." When he finished, he felt strong enough to keep going.

At last, Yu could see his house on the hill. Cold, tired, and somehow missing a shoe, Yu trudged up the hill. He saw Dad waiting for him outside. Dad rushed down the hill to meet him, splashing water as he ran.

When Dad reached him, he put his arms around Yu. "I was so worried!" Dad said. "You should have called me!"

"I thought we were mad at each other," Yu said.

"I am never too mad to help you," Dad said. Then he took Yu's bike and pushed it the rest of the way up the hill.

Even with thunder echoing between the tall buildings and heavy rain pelting down, a warm feeling filled Yu's heart. He felt peace and safety as he followed Dad home. ●

The author lives in Utah, USA.



**"Our Father in Heaven knew that in mortality we would face challenges. . . . To give us mortal strength and divine guidance, He provided the Holy Spirit."**

Elder Ronald A. Rasband of the Quorum of the Twelve Apostles

"Let the Holy Spirit Guide," *Ensign*, May 2017, 93.

Sometimes I feel scared or embarrassed when I need to talk to my parents about something important. I feel like I don't know what to say. What should I do?

—Bottled-up in Baltimore

## Dear Bottled-up,

You're not the only one who feels this way. With some practice, you can feel more comfortable talking about what's on your mind.

Sometimes the hardest part is starting the conversation. Try starting out by saying what you feel.

For example, you could say, "I want to talk to you about something, but I feel kind of embarrassed about it." You can use some of these tips to help you.

You can do it!

The *Friend*

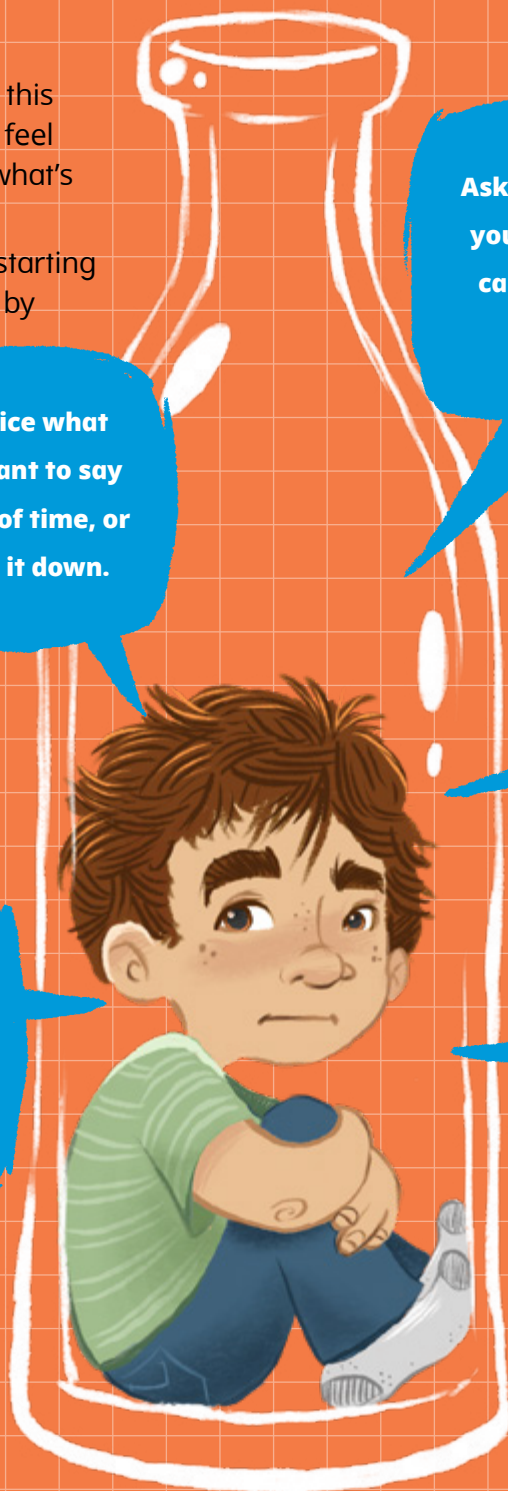
**Practice what you want to say ahead of time, or write it down.**

**Ask Heavenly Father to help you know what to say. You can also pray to feel calm and have courage.**

**Find a good time. You can say, "When is a good time for us to talk?"**

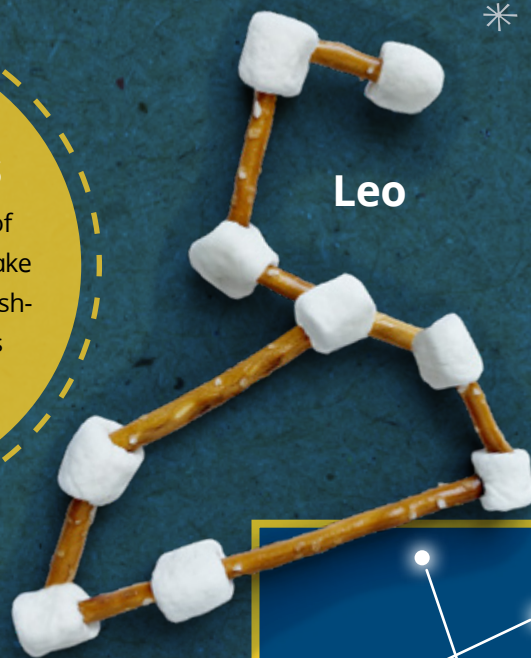
**Choose a place where both of you won't be distracted so you can listen better.**

**Talk in a calm, respectful voice. Try not to argue.**

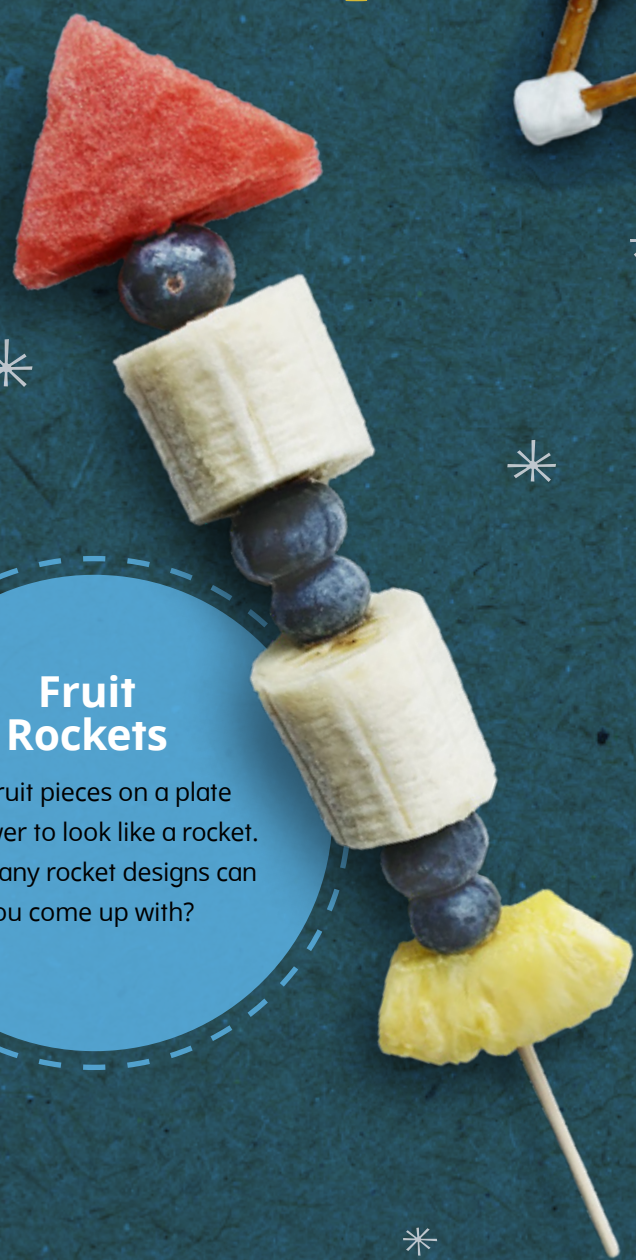


### Pretzel Constellations

A constellation is a group of stars that form a pattern. Make constellations with mini marshmallows and pretzel sticks following these patterns.

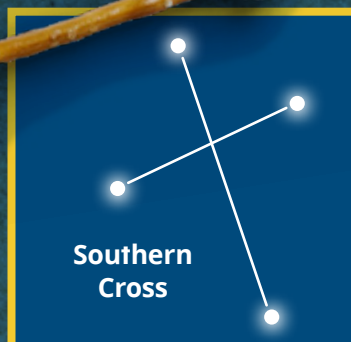


Leo



### Fruit Rockets

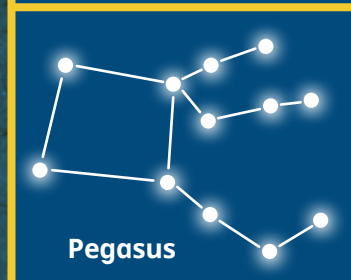
Put fruit pieces on a plate or skewer to look like a rocket. How many rocket designs can you come up with?



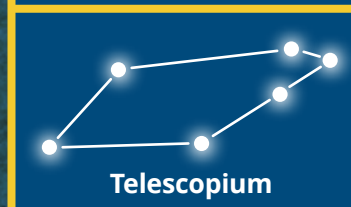
Southern Cross



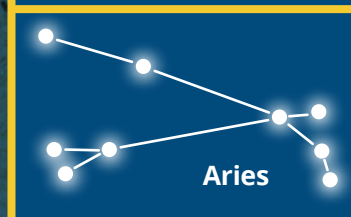
Musca



Pegasus



Telescopium



Aries

**By Haley Yancey**  
(Based on a true story)

*"[Be] wise unto that which is good" (Romans 16:19).*

Myra clicked the mouse as fast as she could. Her character, Galina the elf queen, was trying to defeat the huge ice dragon. Her friends from school were online too. They were playing elves and fairies in the game.

Flashes of color burst all over the computer screen. This dragon was tough!

"Almost there, almost . . . Yes!" She jumped up and pumped her fist in the air.

The chat box on her screen lit up with messages.

"Awesome job!"

"Let's do it again!"

Myra smiled. She loved playing *Quest Planet* with her friends. "Just need to drop off this treasure first," Myra typed.

*Ping.* A new message popped up. "Pancake1000 would like to be your friend," she read.

Myra frowned. She was only supposed to play online with friends from school. But maybe this was someone

Chat-

Box

Mess



else she knew. She clicked "Accept."

*Ping.* "Hi! I'm Ethan. What's your name?"

*I don't know any Ethans, Myra thought. But maybe it would be OK to talk to him.*

She bit her bottom lip. "I'm Myra," she typed.

For the next few days, Myra played and chatted with Ethan online. He was really good at the game and showed her where to buy supplies for her character.

"Where do you go to school? I go to Jefferson," Ethan said.

Myra paused. That was a school near hers. Maybe he knew some people from her school. She started to type "Woodberry." But then she got a sick feeling in her stomach. She remembered how her parents always said not to share any personal information with people she didn't

know—like her full name, address, or school. She also knew to never send pictures of herself.



Ethan said he was her age and lived nearby, so maybe it was OK to talk with him. She still wasn't sure, though.

So instead she typed, "Do you want to visit the Enchanted River? I need some vanishing stones."

Pretty soon Myra noticed a pattern. Whenever she chatted with Ethan, he'd start out talking about the game, but then he'd ask questions about her real life. He always asked her for more information.

One day Ethan wrote something that made Myra really uncomfortable. She tried to change the subject. "I'm going to the Fairy Realm for some unicorn hair."

*Ping.* A message popped up. Then another. And another. Myra ran out of the room to find Dad.

"Dad?" Myra said.

Dad looked up from a book. "What's up?"

"I was playing my game . . ." Myra gulped and looked down. "Someone is sending me bad messages."

Dad looked at the messages while Myra tried to look anywhere but the screen. Her insides felt like they were being squeezed. She wished she had never accepted Ethan's friend request.

"I'm glad you told me. I'll report him to the website and block him from your account. I'll call his parents too. Is he in your class?"

Myra's voice was soft. "I don't know him . . . I'm sorry."

Dad hugged her. "Do you remember why you should only play online with friends you know in person?"

Myra nodded. "To stay safe."

"That's right. It's easy for people to lie about who they are online. I'm sure there are lots of nice kids on *Quest Planet*. But it's safer to only play with kids you know."

Myra was quiet for a few moments. "OK. I'm sorry."

Dad gave her another hug. "I'm proud of you for telling me when something made you uncomfortable. That took courage. And it's always a good choice."

Now Myra *really* felt brave, just like Galina the elf queen! ●

The author lives in California, USA.

**"Guard your safety and the safety of others by taking great care about what personal information and images you share through technology. Do not communicate anything over the Internet or through texting that would be inappropriate to share in person."**

*For the Strength of Youth, 2011, 13.*

# Perfect Pairs



A *hink pink* is a pair of rhyming words that solve a riddle. See if you can solve these. The first one's been done for you. Check your answers on page 39.

1. A reptile who works at a restaurant and brings customers their food.

GATOR WAITER

2. Something Nephi and his family might have worn to stay warm as they crossed the ocean.

\_\_\_\_\_

3. A way to hang onto the thing that you light on top of a birthday cake.

\_\_\_\_\_

4. A golden-colored sticky substance that a rabbit uses to sweeten his peanut butter sandwiches.

\_\_\_\_\_

5. If Samuel the Lamanite had a phone and answered it just before preaching to the Nephites standing below.

\_\_\_\_\_

6. A puppy that loves to roll in green paint, and then ribbit and hop around all day.

\_\_\_\_\_

7. The highest room in the tallest part of a castle, where the only thing you can eat is lemons.

\_\_\_\_\_

8. The dish used by mythical creatures living under bridges when they want to eat soup.

\_\_\_\_\_



# Book of Mormon Art Show!



Kate P.,  
age 11,  
Utah, USA



Phillip C., age 12, Alabama, USA

## FUNSTUFF ANSWERS

**Page 8:** Color four coins labeled "1."

**Page 15:** share the gospel

**Page 19:** (from top to bottom, then left to right) Tiger, Luna, Max, Whiskers, Neptune, Smokey, Rocky, Vanessa

**Page 27:** Calvin, B; Cara, A; Tad, E; Haya, D; Emilio, C

**Page 31:** Ukraine, a table

**Page 38:** boat coat, candle handle, bunny honey, wall call, frog dog, sour tower, troll bowl



## HIDDEN CTR RINGS

Did you find the rings?  
Look on pages FJ3, 24, and 9.

## How to Write to the *Friend*

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

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

## The Last Laugh

I'm supposed to write about what I want to be when I grow up. Is there such a thing as a professional rollercoaster tester?



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 Friend junior



THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

# Come, Follow Me

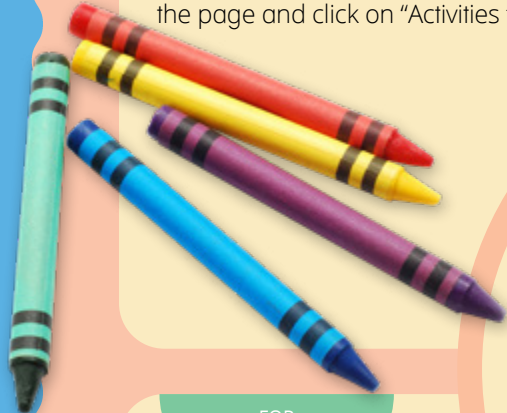
for Little Ones

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

FOR  
General Conference  
Week

## CONFERENCE COLORING

Find coloring pages of the prophet, apostles, and women leaders at **generalconference.ChurchofJesusChrist.org**. Scroll to the bottom of the page and click on "Activities for Children."



FOR  
3 Nephi  
17-19

## SACRAMENT TIME

**Read 3 Nephi 18:6** together and help your little ones say, "The sacrament helps me remember Jesus." Then help them make a booklet to remember Jesus during church. Staple folded pieces of paper together and fill them with gospel pictures or drawings. You could cut out pictures from Church magazines or print coloring pages at **lessonhelps.ChurchofJesusChrist.org**.



FOR  
Mormon  
1-6

## GOD'S LOVE

**Read Mormon 3:12** together, emphasizing the words "love" and "loved." Help your little ones put their hands on their hearts and say, "I can share God's love with others," and then hold their hands outward, as if sharing something. You could listen to or sing "Love One Another" (*Children's Songbook*, 136) and put your hands on your hearts whenever you hear the word "love."

FOR  
3 Nephi  
20-26

## TITHING BLESSINGS

**Read 3 Nephi 24:10** together and help your little ones say, "Our family is blessed when we pay tithing." Show your children 10 coins or pieces of paper money. Help them count to 10, and then practice setting aside one of the coins or bills. You could also help them recognize what a tithing slip looks like. This would be a great time to share a testimony of how paying tithing has blessed your family.



FOR  
3 Nephi 27-  
4 Nephi

## HAPPY CHOICES

**Read 4 Nephi 1:15** together and help your little ones say, "Living the gospel brings me joy!" You could read "Faithful People Followed Jesus" (page FJ4) and talk about the good choices people made. Together, think of something you could do to help someone you know feel happier.

# Hi, Friends!



I like to wear my mask because it protects people from the sickness.

**Ezra, age 4, California, USA**



I give people hugs when they are sad to cheer them up!

**Eleanor, age 4, Illinois, USA**



I know Heavenly Father loves me!

**Mazie, age 4, Oregon, USA**



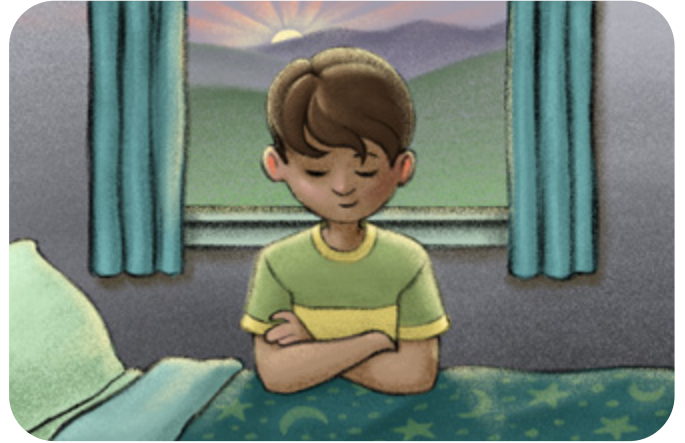
My favorite song is  
"I Am a Child of God."

**Isaiah, age 3, Kuala Lumpur, Malaysia**

# Jesus Taught Us How to Pray



When Jesus Christ was on the earth,  
He taught us how to pray.



I can pray, just like He taught, every single day!



I thank God for my blessings,  
then ask for what I need.



God wants to hear about my day!  
He loves me much indeed.



I end my prayer in Jesus's name.  
I'm glad He showed the way.



Jesus taught us many things—  
He taught us how to pray!

# Praying Every Day

Look at these different pictures of people praying.  
What do you think they are praying about? What do you pray about?



See *Come, Follow Me* for  
3 Nephi 17-19.

**Bonus:** Can you find something yellow in each picture?  
Can you find something blue?

# Faithful People Followed Jesus



When Jesus visited the people of Nephi, He taught them about baptism and how to take the sacrament. He set up His Church.



Jesus blessed each child. Angels came! Jesus healed the people and prayed for them. Then He went back to heaven.

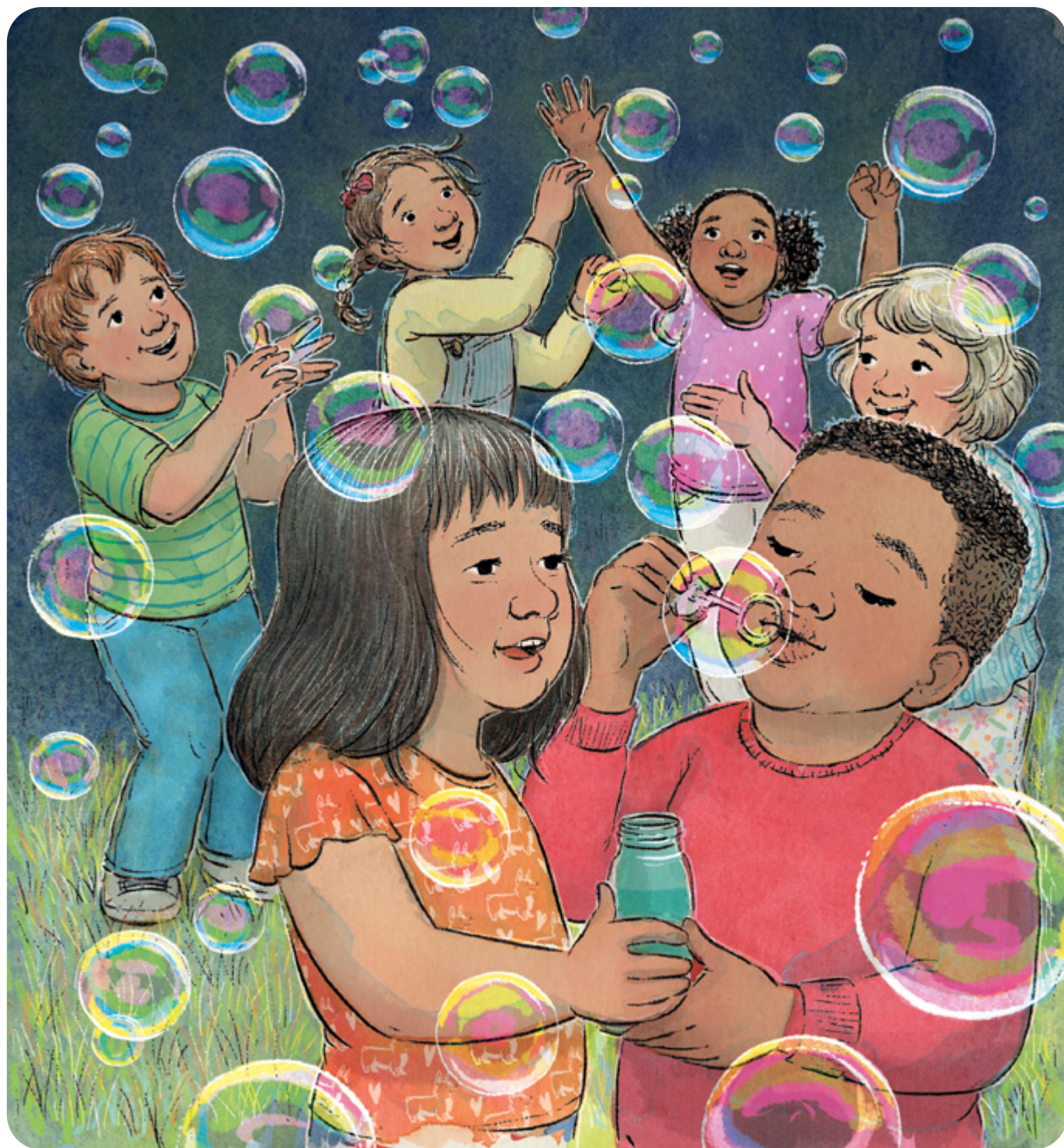
After Jesus left, people kept doing what He taught. Everyone worked together and shared what they had, so no one was poor. Church leaders blessed those who were sick.



Instead of fighting, people chose to get along. Everyone followed God's commandments. And they were happy for a long time!







My life will be happier when I follow God's commandments.

I can share what I have with others.

I can help people get along. ●

*Read about this in 3 Nephi 17 through 4 Nephi 1.*

# People Lived Happily



What can you do to help your family be happy?

# Tithing Pesos

By Alan Iván Ruiz Ontiveros  
(Based on a true story)



**S**ofía woke up early. Today was very special. She was going to sell lemonade at her aunt and uncle's garage sale! Mamá help Sofía make a huge jug of lemonade.

Sofía made a sign. She wrote "Limonada" in orange and yellow letters. She taped it to a little



table. Then she sat down to wait.

Soon a man came by. “May I have a cup?” he asked. He put some pesos in her jar.

“Sure!” Sofía said. She poured him a cup of lemonade.

More and more people came to look at the garage sale. And little by little they bought the yummy lemonade. The morning passed happily. Soon all of the lemonade was gone.

Sofía shook her jar. The pesos jingled. She had so many!

“Good job!” Papá said.

Sofía had never had so much money before. “I’m going to buy a yo-yo!”

Papá smiled. “Do you know what Mamá and I do when we earn money?”

Sofía shook her head.

“We pay tithing,” Papá said.

“Heavenly Father gave us everything. He asks that we give Him a little part back. We pay tithing because we love Him.”

Sofía smiled. She wanted to show Heavenly Father that she loved Him too.

Papá helped Sofía count her pesos. Whenever she counted to 10, she put one peso in an envelope. Papá helped her write numbers on a little white paper. They put the paper in the envelope with the pesos. Then they sealed it shut. Sofía was going to give it to the bishop tomorrow at church.

“How do you feel?” Papá asked Sofía.

“So happy! And I still have money for a yo-yo.” She felt Heavenly Father was happy with her choice. ●

The author lives in Chihuahua, México.

See *Come, Follow Me* for 3 Nephi 20–26.

