

the friend

SEPTEMBER • 2009



Friends by Mail

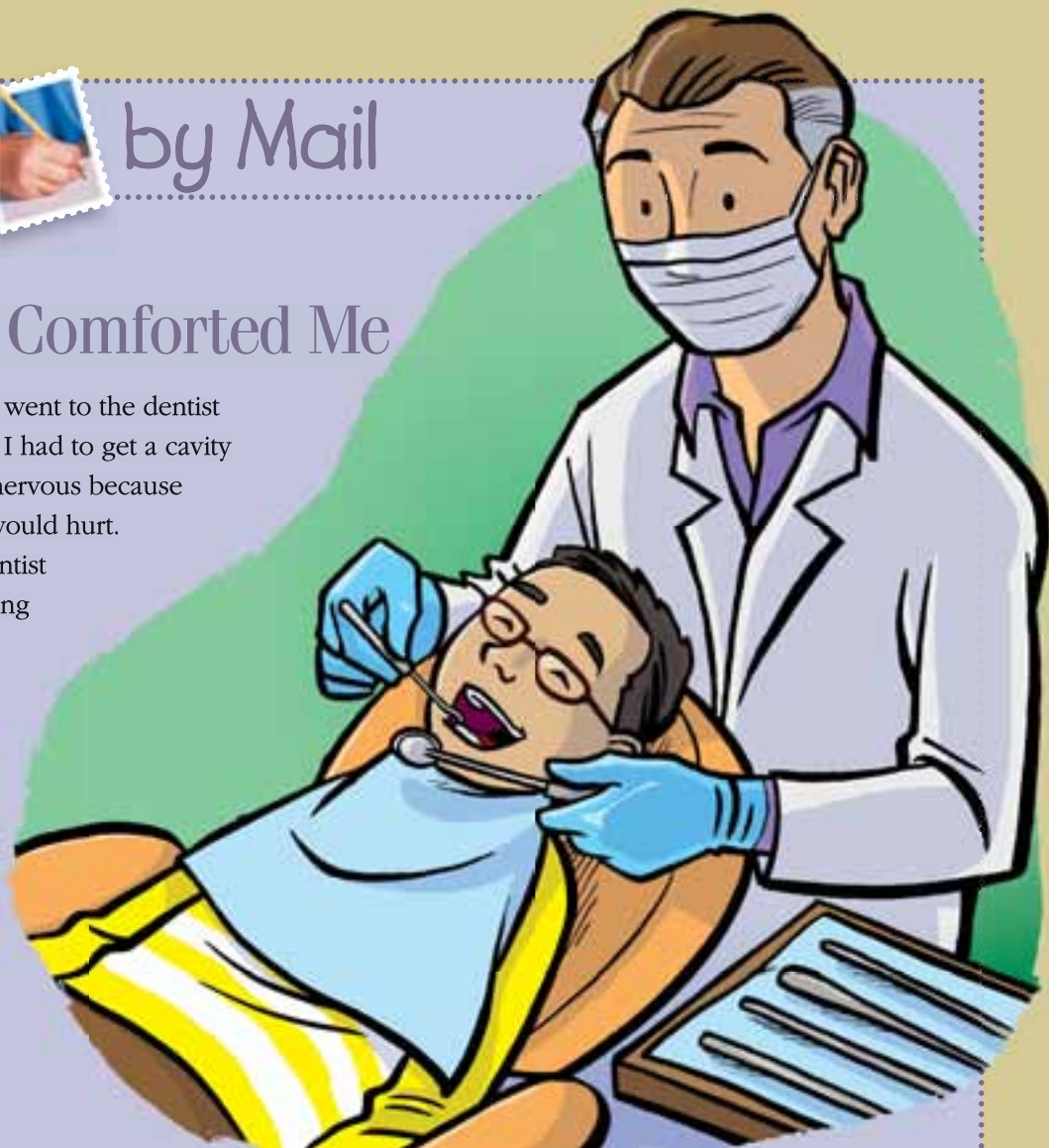
The Song that Comforted Me



One day I went to the dentist because I had to get a cavity filled. I was nervous because I thought it would hurt. When the dentist started working on my tooth,

I sang "I Am a Child of God" in my mind. I felt comforted and wasn't scared anymore. I like Primary songs because they help me feel better when I am scared.

Sean D., age 6, Virginia



Prayer Changed My Day



One day, I was not very happy. My throat hurt, I was angry, and I wasn't making very good choices. At breakfast, I yelled at my mom. She sent me to my bedroom to calm down.

I was sad and angry, but then I had a good idea about what I could do to feel better. I folded my arms, bowed my head, and said a prayer. My angry feelings left, and I started to feel happy inside. When I came out of my bedroom, I told my mom I was sorry and was going to make good choices for the rest of the day.

Benjamin A., age 4, Western Australia, Australia, with help from his mom

A Blessing for Mom



When my mom was pregnant, she found out that she had cancer. It was hard for my family because we were afraid that she and the baby might die.

My dad gave my mom a priesthood blessing, and my family and I prayed that Mom and the baby would be OK. My mom is now much better, and my baby brother is as healthy as can be.

Aubrey P., age 9, Utah

Would you like to write us a letter?
Turn to page 49 to find out how.

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SEPTEMBER 2009

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the *Friend*

See the
Guide to the *Friend*
(inside back cover)
for family home
evening ideas.



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

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Cover by Scott Greer



Look for the *Friend*
mouse throughout this
issue to find out which
features are online at
friend.lds.org. See if you
can count how many
times the mouse appears.



Hidden CTR Ring

*Clue: Jessie, Ellie, Isabel,
and Jack are all looking
for the ring too!*

Showing the **LOVE** in Your Heart

BY PRESIDENT THOMAS S. MONSON



President Monson loves poetry. He often quotes poems in his talks, including the poem below, “Which Loved Best?” It was printed in an old textbook that helped teach children how to read.

Love causes change. Love brings healing to the soul. But love doesn't grow like weeds or fall like rain.

Jesus taught, “A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another” (John 13:34).

Little children can learn the lesson of love. They respond readily to a favorite verse:

*“I love you, mother,” said little John;
Then, forgetting his work, his cap went on,
And he was off to the garden swing,
Leaving his mother the wood to bring.*

*“I love you, mother,” said rosy Nell;
“I love you better than tongue can tell,”
Then she teased and pouted full half the day,
Till her mother rejoiced when she went to play.*

*“I love you, mother,” said little Fan;
“To-day I'll help you all I can;
How glad I am that school doesn't keep!”
So she rocked the babe till it fell asleep.*



*Then, stepping softly, she fetched the broom,
And swept the floor, and dusted the room;
Busy and happy all day was she,
Helpful and happy as child could be.*

*“I love you, mother,” again they said—
Three little children going to bed;
How do you think that mother guessed
Which of them really loved her best?¹*

The desire to lift, the willingness to help, and the graciousness to give come from a heart filled with love. True love is a reflection of Christ's love. ●

NOTE

1. Joy Allison, “Which Loved Best?” in *McGuffey's Third Eclectic Reader* (1879), 146–47.

An Old-Fashioned Poem

See if you can guess what some of the old-fashioned words in the poem mean.

1. He was off to the garden swing.

- a. He went to play on the swing in his yard.
- b. He went to swing the hoe in his vegetable garden.

2. Leaving his mother the wood to bring.

- a. His mother had to bring in the wooden toys that had been left outside.
- b. His mother had to bring in wood to burn in the family's stove that keeps the house warm.

3. Till her mother rejoiced when she went to play.

- a. Her mother didn't love her or want to be around her.
- b. Her mother was relieved because she was tired of hearing her teasing and seeing her pouting.

4. How glad I am that school doesn't keep.

- a. I'm glad that there is no school today.
- b. I'm glad that we don't have a school nearby.

Answers: 1) a, 2) b, 3) b, 4) a.



Three Meanings of Love

Love has at least three different meanings: (1) It is a feeling in your heart. (2) It is a word you can say. (3) It is an action. The best way to show the love you feel in your heart is to tell others you love them and do something nice for them too.

Look at these pictures. What can the child in each situation do to show love for someone? Color the four scenes.



SCRIPTURES AND BULLIES

BY HILARY M. HENDRICKS

(Based on a true story)

Look up the following scriptures:

Psalm 94:16; Luke 12:12; 2 Nephi 8:7.

Circle the one you think fits the story best.

Hey, Mike,” Chris said in a loud whisper. “Good thing Mr. Morton didn’t call on you!”

“Yeah,” another boy said. “Mike would never have known the answer.”

“You’ve got that right,” Chris replied. “The only thing small about Mike is his brain!”

Behind me, Mike tried to laugh. I peeked over my shoulder. His face was bright red. Mr. Morton kept writing on the board as if he hadn’t heard a thing.

This was my first week in seventh grade, and the boys picking on Mike were probably two years older than me. Mike was taller than all of us, and he wouldn’t want my help anyway, I reasoned. But as the teasing continued, I thought I was going to cry.

After school, I kept thinking of all the mean things the boys had said. “If I were Mike, I wouldn’t come to school at all,” I decided. I felt sad for the way he had tried to joke with the bullies, only to have them make fun of whatever he said. “If I were older, I would have known what to say to them,” I thought.

Then I remembered a family home evening about how missionaries depend on the Holy Ghost to help them know how to teach people. Dad said if we read the scriptures and invite the Holy Ghost to help us, we can know what to say and do too—even at school.

The next morning, I read my scriptures and prayed. ‘Heavenly Father,’ I said, ‘I feel so sad for Mike. Please help me to know how I can help him.’

One of the scriptures I read said that when we help other people, we’re actually helping Jesus Christ (see

Mosiah 2:17). “I wouldn’t be too scared to talk to the bullies if they were picking on the Savior,” I thought.

I wrote that scripture on a note card and put it in my notebook. I read it often during the day, but I still didn’t know how I could stop the teasing.

Then one afternoon, as I left math class, my answer came. The Holy Ghost whispered, “Mike needs to know you care about him, and the bullies need to know you don’t like what’s going on.” My hands felt clammy. My legs started to shake. I bit my lip and said a silent prayer.

A minute later in the hall, I heard Chris yell a mean comment to Mike. I took a deep breath. “Hey, Chris,” I said, “If you can’t say something nice, just be quiet.”

Chris gave me a mean look.

“Boy, that sounded silly,” I told myself. But the bullies didn’t say anything else to Mike.

The next day, the boys were back to their regular teasing—until another seventh grader interrupted them. “Come on, guys,” David said. And the teasing stopped.

Another day, it was a ninth-grade girl who stopped the bullies. “That’s not nice, Chris,” Rhoda said. Mike gave her a grateful smile.

I’d like to say that was the end of the teasing. It wasn’t. But the bullies seemed to make mean jokes less often. Other students stood up for Mike too. I knew that the Holy Ghost had given me courage to do what I needed to do to help stop the bullies. ●

“Look around you for someone who is kind—someone who reminds you of what you think the Savior is like. Watch the things this person does, the way he or she treats other people. . . . Then, as you treat others kindly and try to do what Jesus would want you to do, you will be filled with that love.”¹

Elder Paul V. Johnson of the Seventy





WHAT IS BULLYING?

Bullying is hurting others by scaring them, leaving them out, making fun of them, using mean words, or harming them physically.

— Someone might say, “If you play with her, you can’t come to my birthday party.”

— A group of children might follow a boy around the playground, yelling that they will hurt him.

— A group of children might roll their eyes and laugh at a girl.

— Someone might tease a boy every day on the bus.

Every person is a child of God.

No one deserves to be bullied.

There are many things you can do to stop bullying from hurting people—including yourself.

BY HILARY M. HENDRICKS

What should I do if someone bullies me?

1. *Tell an adult.* Your parents and teachers can help you think of ways to stay away from someone who makes fun of you or scares you. They can also help you make new friends who will treat you kindly.

It's especially important to tell an adult if someone hits, pushes, or threatens you. Sometimes people who bully won't stop until they know that a teacher or parent is watching them.

2. *Stay in safe places.* Make sure you are always near other children. Avoid places where there are no adults that you know nearby.

3. *Tell the bully to stop.* Tell the person how the bullying makes you feel. In a firm voice, tell him or her to never treat you that way again. Do not try to hurt the person back, unless you have no other way to protect yourself.

4. *Remember your worth as a child of God.* You are important to Heavenly Father, and He wants you to be happy. Even though others may treat you unkindly, you can still feel good about yourself and the good things you do. Sometimes people even get bullied because of good things they do and say.

What should I do if a bully is hurting someone else?

1. *Don't go along.* If a friend sends you a mean text message about someone, don't pass it on. Don't laugh at jokes that might hurt someone's feelings.

2. *Tell the bully to stop.* If you feel it is safe, tell the person who is bullying that you don't like what he or she is doing. The person may not know that you don't like it when she leaves others out. Listen to the Holy Ghost to help you know what to say.

3. *Ask adults for help.* Make sure that the adults in charge know what is going on. If the bullying hurts someone physically, you need to tell an adult right away. Keep asking adults for help until the bullying stops.

4. *Be a friend.* Every child is precious to Heavenly Father. One of the best ways you can help someone who is being bullied is by treating him or her kindly. You don't need to become the person's best friend, but you can let him or her know you care. Read the story of the good Samaritan in Luke 10:30–37. You can be a good Samaritan by treating others kindly.



How to Treat Others



From an interview with Elder Francisco J. Viñas of the Seventy, currently serving as President of the Caribbean Area; by Sarah Cutler

By love serve one another
(Galatians 5:13).

How do you build an eternal family? The first step is to learn from your parents. My parents were baptized in 1951, when I was four years old. We were among the first members of the Church in Uruguay.



From my parents I learned how to treat other people. They taught me to reach out to everyone, even to those who were not from our own country or culture. One time a Norwegian ship captain came to Uruguay. He was alone, without his family. My family invited him to stay in our home. Many people already lived in our little house, but we took in one more.

Seeing my parents take care of others taught me a simple principle of the gospel of Jesus Christ: be friendly to others, treat them well, and do not judge them. Be kind, and help people when they have a need.

I also saw how my parents served in the Church and how they helped the



missionaries. Before I was called as a priesthood leader, I had already received great training in my home from my parents.

The sooner in your life you start living the gospel, the better your life will be. Someday you will be able to pass the same gospel message and heritage to your children and then to their children. You can start a new generation of an eternal family if you learn the basic principles of the gospel.

My parents' example was a great heritage for me and my family. I hope it will continue to be for all the generations to come. My wife and I have a great relationship with our children. We have tried to help them understand what my parents taught me, that if you love others and help them, you are blessed. Our children have had many challenges, but all of them have been sealed in the temple. They are active in the Church, and we hope they will pass on this heritage to the next generation.

My grandchildren are the fourth generation of our family in the Church. We hope that we can share with

them the same ability to accept others, to help them, and to lift them up. We are working to establish a family based on faith in Jesus Christ and a strong testimony of His gospel. ●



BY ALLISON LEE BURTON
(Based on a true story)

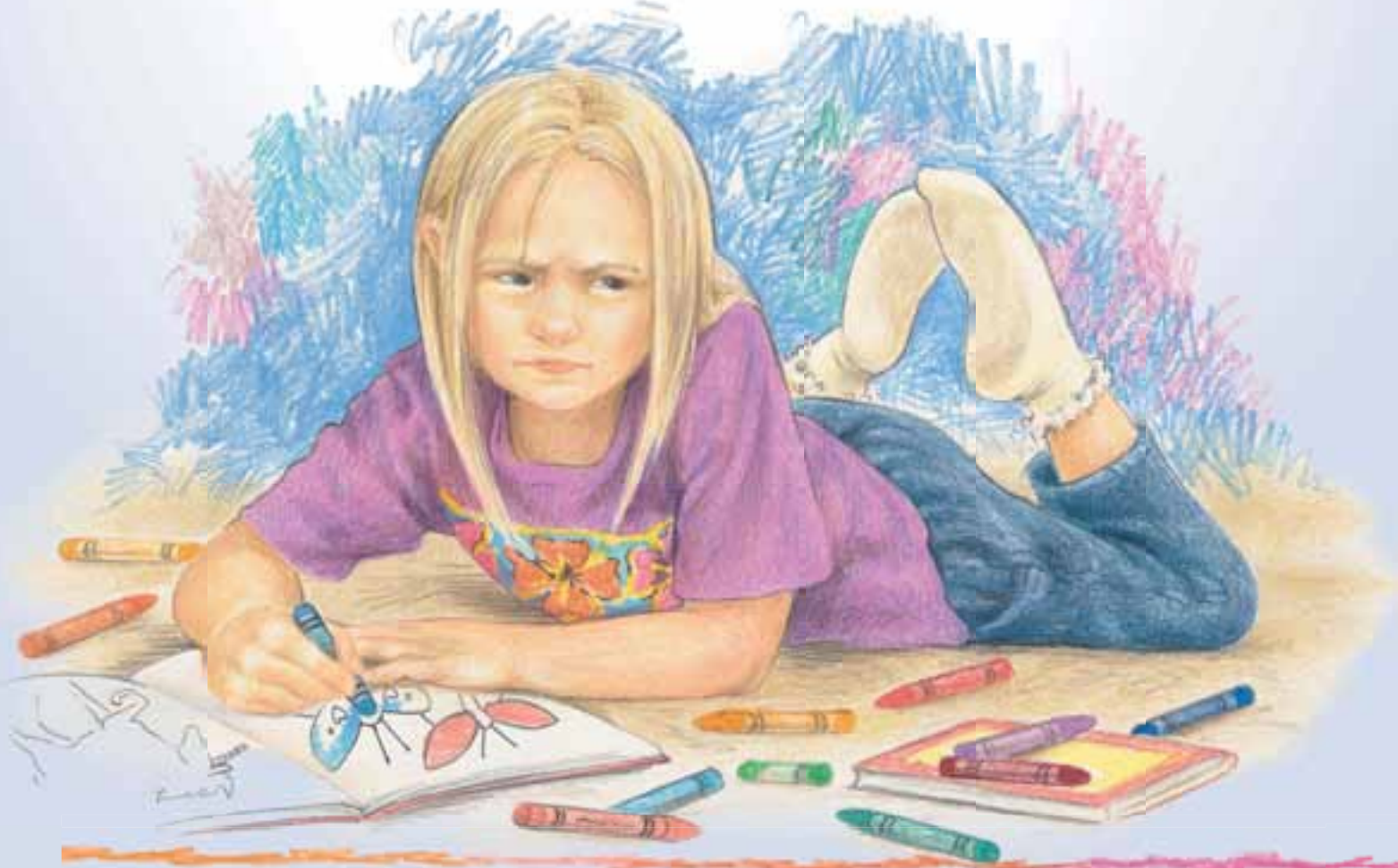
I did believe all the words which had been spoken by my father; wherefore, I did not rebel against him like unto my brothers (1 Nephi 2:16).

Maddie was having fun coloring in her coloring book when she heard Mom

calling her to get in the car so they could run errands. Maddie did not like going on errands. She pretended she didn't hear her mom and kept coloring.

Finally, Mom came to Maddie. "Maddie, I have been calling you and calling you. Everyone is

Maddie's Grumpy Afternoon



in the car, and we are waiting for you. We need to go to the bank, to the grocery store, and to put gas in the car. Please hurry.”

“I don’t want to come,” Maddie said. “Errands are boring. They take forever!”

“I need you to please obey,” Mom said. “You can bring your crayons and coloring book.”

Maddie growled and grumbled as she picked up her things and stomped after Mom to the car.

“This is *not* fair!” Maddie whined.

As they drove along, Maddie had a hard time keeping her crayons inside the lines of the picture she was coloring.

“I can’t color in the car,” Maddie said. “Every time you turn it makes me mess up!”

Maddie thought if she was miserable running errands, everyone else should be miserable too. At each stop the family made, Maddie had something to complain about. She complained and complained and complained.

When they finally got home, Maddie ran to her room. She was glad to be home. But she was starting to feel sorry about the way she had behaved. Making everyone else miserable hadn’t made her feel any happier.

She thought about the family home evening lesson Mom had taught the week before. Mom



talked about Nephi and his brothers Laman and Lemuel. She asked who had been more obedient, and Maddie said Nephi. When Dad asked her why, Maddie said that Nephi was the one who did what he was asked to do.

Dad explained that Laman and Lemuel had gone with their family into the wilderness and with Nephi to get the brass plates from Laban. But Laman and Lemuel had murmured and complained. They were miserable and tried to make everyone else miserable. But Nephi respected his parents and Heavenly Father. Even when he was asked to do something hard, Nephi obeyed without complaining.

Maddie realized that even though she had gone to the car as she had been asked, and even though she had gone on all of the errands with her family, she had not been like Nephi.

Maddie put down her crayons. She walked into the kitchen and apologized to her family for the way she had acted. Mom hugged Maddie and asked her to help her brother set the table for dinner. Maddie didn’t really want to help, but she said OK and went to the cupboard to get the plates without complaining. Mom smiled at her, and Maddie smiled back. She was feeling better already. ●

Learning the Articles of Faith

BY CHAD E. PHARES

These children are learning the fourth article of faith, but only one has written it correctly. Look at the children's papers, and circle the one that has it written exactly right. Use the chalkboard to check what they have written. After you have found the right one, see if you can memorize it.

"We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost."

Child 1

We believe that the principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion; fourth, Laying on of hands for the gift of the Holy Ghost.

Child 4

We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism; fourth, Laying on of hands for the Holy Ghost.

Child 2

We believe the first principles and ordinances of the Gospel are: first, Faith in Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, the gift of the Holy Ghost.

Child 5

We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost.

Child 3

We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Baptism by immersion for the remission of sins; third, Repentance; fourth, Laying on of hands for the gift of the Holy Ghost.

Child 6

We believe that the first principles and ordinances of the Gospel to be: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism for the remission of sins; fourth, the gift of the Holy Ghost.

ANSWER

Child 5 has the article of faith written correctly.

ILLUSTRATION BY JULIE F. YOUNG



When I Hear the *Prophet's Voice*

Reverently ♩ = 88-100

Words and music by Matthew Neeley

When I hear the proph-et's voice, I feel clos - er to God. I

lis - ten and feel the Sav - ior's love deep with - in my heart.

When I hear the proph-et's voice, I will glad - ly o - bey. I

know that the Sav - ior speaks through him for our day.

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Trying to Be Like Jesus

He that followeth me shall not walk in darkness, but shall have the light of life
(John 8:12).

Standing Up for a Friend



In my school class I have become friends with a boy who is often teased because of the way he looks.

One afternoon we were getting ready for our third-grade musical. All the boys were left in the classroom while the teacher and the girls went to change. Some of the boys in the class started picking on my friend until all the boys were gathered around him, teasing him. I stood up and told them to stop and to leave my friend alone. They all stopped. Even though it was hard to stand up and say what I did, it made me feel good. I think this is what Jesus wanted me to do.

Tucker C., age 9, Arizona, with help from his mom



Choosing to Obey



I was at my baseball coach's house for a party, and I went into the basement with some other kids. They were watching a cartoon that I knew my mom didn't want me to watch. I watched it for a minute, and it looked like it wasn't bad. But I knew my mom wouldn't want me to watch it, so I went outside to play. Later, one of the other moms went to the basement and made the other kids turn off the TV because the cartoon was talking about bad things. On the way home, my mom said she was proud of me. I felt good that I chose the right and was obedient to my mom.

Tyler H., age 6, Virginia, with help from his mom

Missionary Moments



I opened my Book of Mormon to catch up on some reading. We were supposed

to read at the beginning of my fifth-grade class. My teacher asked me what I was reading. I said, "It's called the Book of Mormon." She asked me what it was about. I began explaining all I knew about the Book of Mormon. Soon I had almost every ear in my class. I told my teacher and classmates about my testimony and Joseph Smith.

When I got home, I wrote about my missionary moment in my journal. When I talk about that day, I feel the Spirit testifying to me that what I said to my teacher was true. I have had many missionary moments since that day. Some of them have come from taking my Book of Mormon to school. I have always been taught that I can be a missionary even when I am young. And guess what? I am! Anyone can be a missionary!

Amanda L., age 12, Missouri



Sweet Service



One day I went to the bank with my mom and dad. The bank teller gave me a lollipop. In the line next to us was a little girl who did not get a lollipop. She stared at me as I enjoyed my candy. I felt bad for her because I thought she wanted a lollipop too. My mom asked the bank teller for another lollipop, and then I gave it to the girl. She was happy, and I felt happy too.

Cody N., age 4, Nevada, with help from his mom

An "E-xcellent" Choice



One day in math, I found 10 "E bucks." (E bucks are tickets to get things at our class store.) I really wanted to keep them because I needed 10 more to make 100. I was going back to my desk to put them inside, but I got a feeling that I shouldn't keep them. Instead, I gave them to my teacher. I felt good that I made a good choice.

Ashlee L., age 10, Idaho

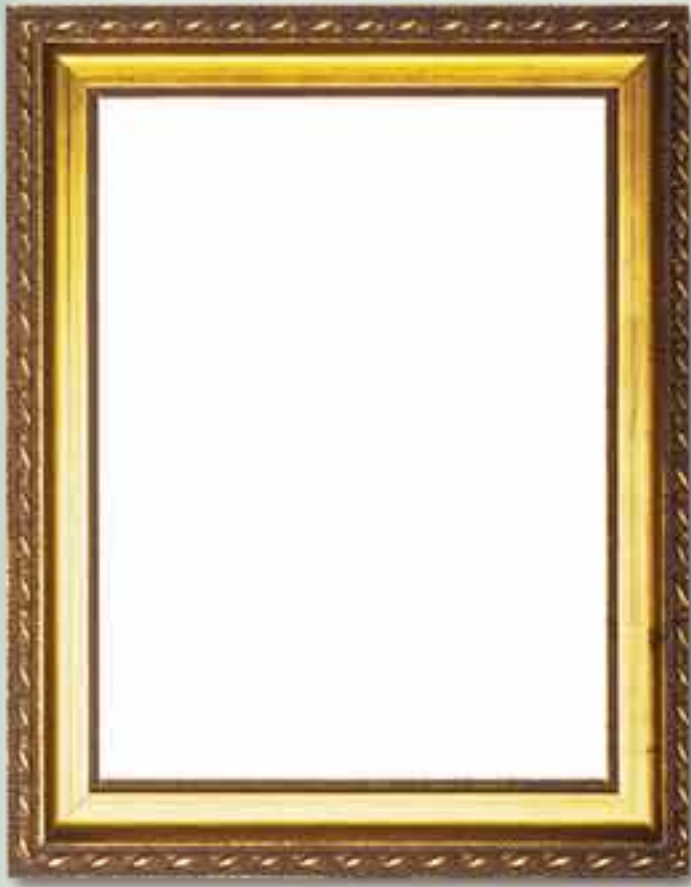
Class Helper



In my class, we talk about things that make us happy and things that make us sad. A lot of people in my class take the Lord's name in vain. When we were having a class discussion, I told everyone that it makes me feel uncomfortable when people take His name in vain. Now very few people in my class use the Lord's name in vain.

Annie P., age 8, California

Tell us how you're trying to be like Jesus. Turn to page 49 to find out how to send us a letter.



Prophets Teach Me How to Strengthen My Family

*What I the Lord have spoken, I have spoken . . . ;
whether by mine own voice or by the voice of my
servants, it is the same (D&C 1:38).*

BY CHERYL ESPLIN



Families are ordained of God. Before we were born, we lived as spirit sons and daughters of Heavenly Father. When it was time for us to come to earth, Heavenly Father planned for us to come to a family. He knew that families were the best way to help us prepare to return to live with Him.

Heavenly Father calls prophets to testify of Jesus Christ and teach His gospel. Prophets help families know what they need to do to be happy and to return to live with Him.

We can read about the teachings of the prophets in the scriptures. We can listen to the prophet in general conference. If we listen carefully, we can learn what Heavenly Father wants us to do. When we obey the prophet's counsel, our faith will grow. We will be able to help strengthen our family. ●

Activity

Remove page 16 from the magazine, and mount it on heavier paper. As you listen to the prophet during general conference next month, listen for what he teaches that can help strengthen your family. In the picture frames, draw pictures of you and your family doing what the prophet taught. Put your pictures in a place where they can remind you and your family of what the prophet taught.

Note: This activity may be copied or printed from the Internet at friend.lds.org.

SHARING TIME IDEAS

September Theme: *Prophets teach me how to strengthen my family.*

(Note: All songs are from *Children's Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit; *TNGC* = *Teaching, No Greater Call*.) Gospel art can also be found at gospelart.lds.org.

1. *Bible prophets teach me how to strengthen my family.*

Teach that throughout the ages God has called prophets to teach and guide His children. The stories of the first prophets on earth are found in the Bible. Review with the children some of the Bible prophets by singing the first eight verses of "Follow the Prophet" (pp. 110–11) without the chorus. Children could be invited to represent each prophet with a name tag or simple object. Help the children understand that even though Bible prophets lived long ago, their teachings still help us today. On separate pieces of paper, write the name of a Bible prophet with a scripture reference for one of his teachings. Examples: Isaiah—Isaiah 54:13 (teach children about the Lord); Malachi—Malachi 3:10 (pay tithing); Enoch—Moses 6:33 (serve the Lord); James—James 1:5 (ask of God). Place the papers around the room. Blindfold a child, and have the other children guide him or her to one of the pieces of paper by singing the chorus of "Follow the Prophet." Instruct them to sing louder when the child gets close to the paper and softer when he or she moves away. When the child finds a paper, have the children look up the scripture and read it together. Ask the children how the teaching can strengthen them and their families. Continue until all the papers are found. Bear testimony of a teaching of a Bible prophet that has strengthened you.

2. *Book of Mormon prophets teach me how to strengthen my family.* Explain to the children that Book of Mormon prophets saw our day and the dangers that our families face. Book of Mormon prophets teach us what Heavenly Father wants us to do to protect and strengthen our families. Using name tags or simple costumes, have children dramatize accounts of Book of Mormon prophets that teach principles that will strengthen our families (see "Dramatizations," *TNGC*, 165–66). For example: The story of Lehi leaving Jerusalem with his family, emphasizing Lehi's obedience to the Lord's commandments (see 1 Nephi 2:1–7). Have the child who portrayed Lehi read 2 Nephi 1:4, and then discuss with the children the result of Lehi's obedience. Ask: If the Lord protected and blessed Lehi's family for being obedient, what will the Lord do when your family is obedient? (He will protect and bless your family.) Sing the third verse of "Nephi's Courage" (pp. 120–21). If there is time, dramatize the account of Alma praying for his son Alma the Younger (see Mosiah 27:8–37). Talk about how praying for family members can help strengthen our families. Sing "A Child's Prayer" (pp. 12–13). Encourage the children to watch for examples of other Book of Mormon prophets they can follow.

3. *The prophet today teaches me how to strengthen my family.* Help the children memorize "What I the Lord have spoken, I have spoken . . . ; whether by mine own voice or by the voice of my

servants, it is the same" (D&C 1:38; see "Memorization," *TNGC*, 171–72). Tell the children you are going to describe one of the Lord's servants. Have them raise their hands when they recognize who it is: he worked in the printing business; his middle name starts with an S, which stands for *Spencer*; he is the 16th President of the Church; he is the living prophet on earth today. Show a picture of President Thomas S. Monson. Emphasize that as a prophet President Monson is one of the Lord's servants and when he speaks, it is as if the Lord is speaking. He tells us what the Lord wants us to do. Write on the board and have the children repeat "President Monson teaches me how to strengthen my family." Give each class a different quote by President Monson that teaches us how to strengthen our family (see conference issues of the *Ensign*, available in your meetinghouse library or in the Gospel Library at www.lds.org). Have the children discuss with their teacher things they could do to live that particular teaching in their homes. Invite a child in each class to share the teaching. Sing "We Thank Thee, O God, for a Prophet" (*Hymns*, no. 19). Bear testimony that when we listen to and follow the living prophet, we are listening to and following the Lord.

4. *I will hear the words of the prophets when I listen to general conference.* Tell the children the parable in which a nobleman told his servants to plant olive trees in his vineyard and to "build a tower, that one may overlook the land round about, to be a watchman upon the tower" (see D&C 101:44–45). Explain that the watchman on the tower has a better view and can see far off. He can help protect others by warning them when danger is coming. Teach the children that prophets and apostles are our watchmen on the tower. They have been called by the Lord to watch over and protect us. Sing verse nine of "Follow the Prophet" (pp. 110–11). Prepare the children to listen to the upcoming general conference by helping them learn the names and recognize the faces of the First Presidency and Quorum of the Twelve Apostles. Play a matching game using individual pictures of each. Have the children look at the pictures and repeat the names. (Pictures can be found in the May and November issues of the *Ensign*.) On one side of the board, list the names of the First Presidency and the Twelve Apostles. On the other side of the board, post their pictures in random order. Let the children take turns matching the pictures with the names. Teach and testify that we can trust the living prophets. If we listen to and obey their words, we will be safe.

5. *Friend* references: "Follow the Prophet," Oct. 2004, 14–15; "My Family," Feb. 2004, 20–21; "Prophets Teach Me to Strengthen My Family," Oct. 2004, 40–41; "Follow the Prophet," Mar. 2006, 18–19; "Prophets," May 2003, 32–33; "Who Am I?" Jan. 2008, 15; "I Will Follow the Prophet Today," Oct. 2006, 14–15; "Prophets—Called of God for Us," Jan. 2001, 28.



ALEX'S AWESOME ADVENTURE

BY JAN PINBOROUGH
Church Magazines

Have you ever gone on a hike? How about a 10-mile hike to the top of a mountain and back? Alex Wright achieved this awesome feat at the age of five!

Last summer, Alex's dad took some older boys on a hike to Humphreys Peak in Arizona. Alex really enjoys being with the older boys, so he was excited to go along. He is a strong, athletic boy, and he was already an experienced hiker.

Alex packed his backpack with a water bottle, a change of clothes, and a few of his favorite action figures. His dad carried their tent and sleeping bags, along with all of their food and water.

On Friday evening, Alex and his dad set up their tent about a mile up the trail. Early the next morning, after a prayer, they started out for Humphreys Peak. Along the way, Alex shared his red licorice with the other boys.

Halfway through the hike, the group reached a dip in the mountain. It was a hot, windy



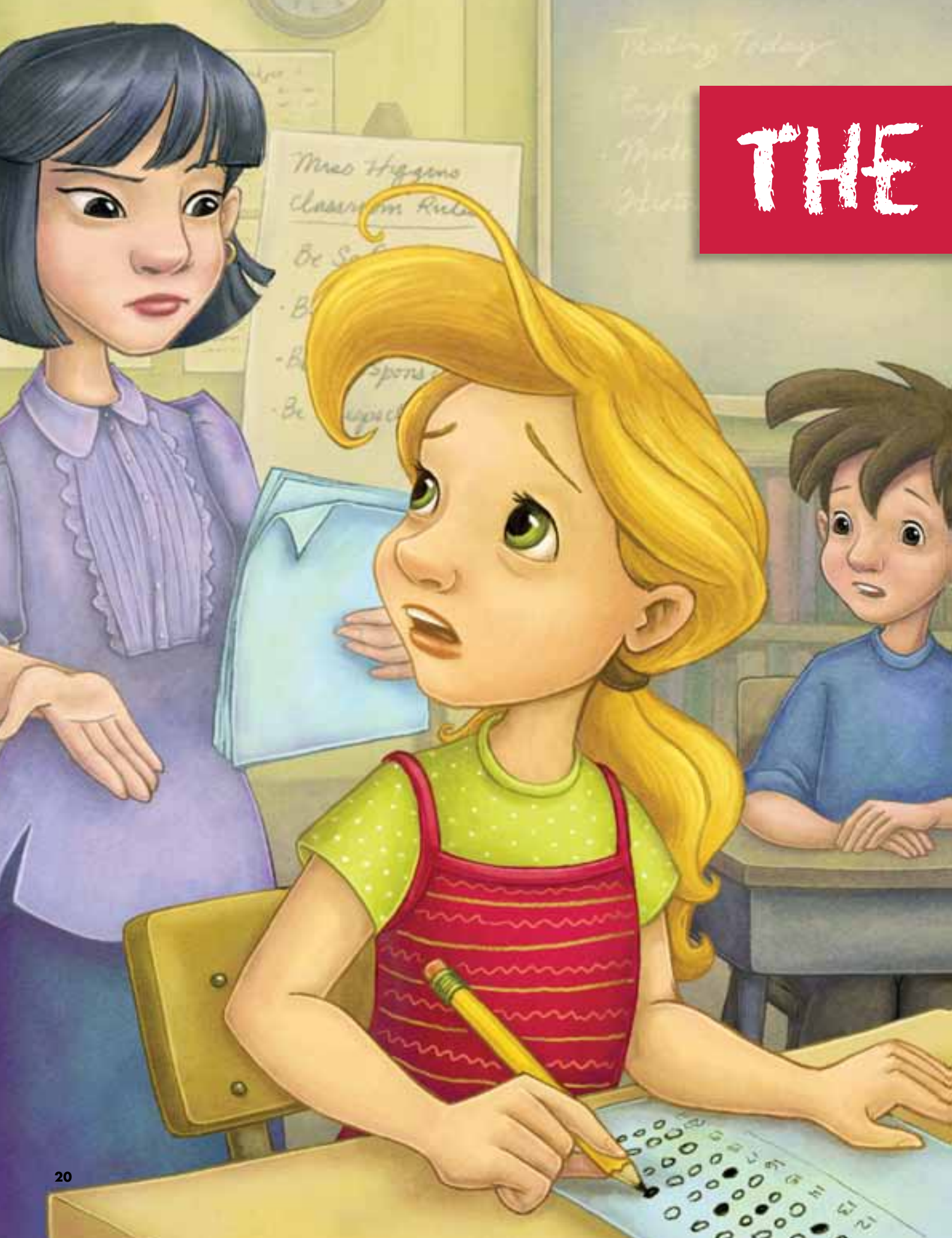
day, and flying ants were on the attack. Then came the steepest part of the trail—above the timberline, where it is too high for trees to grow. After a few more hours, Alex, his dad, and the other boys reached the top of the mountain. Other hikers cheered for Alex as they saw him arrive.

On the return trip, the clouds grew dark, and hail started pounding the mountain. Alex and his dad took cover and said a prayer, asking to be protected. Everyone was safe.

When they finally reached the bottom, Alex was happy to hop into the van and go home to his mom and younger brothers. He had had an awesome adventure he will always remember. ●



Humphreys Peak is the highest mountain in Arizona. The summit is 12,633 feet above sea level.



THE

CHEATING LESSON

BY BRITNEY RULE

(Based on a true story)

Let no man deceive himself (1 Corinthians 3:18).

Students, here is the math portion of the test,” Miss Higgins said as she handed out papers. “Remember, you need to fill in the circles on the answer sheet completely. Just do your best, and I’m sure you will do fine.”

Most of my fifth-grade class groaned. We had been taking tests all day, and we were tired. But I wasn’t too worried. I was good at math. I took out my pencil and checked the eraser.

“Now, keep your eyes on your own paper,” Miss Higgins said. “The test will end at 1:30. Ready, begin.”

I began working on the problems carefully and took my time to fill in each circle on the answer sheet. Most of the problems weren’t too hard. Out of the corner of my eye, I saw Brent scribbling furiously. I laughed to myself. “Slow and steady wins the race,” I thought.

All of a sudden, Miss Higgins’s voice interrupted my thoughts. “Time’s up! Pencils down, everybody.”

I looked at my paper in horror. I still had two columns of circles to fill in! “How could this have happened?” I thought. “I usually do so well!”

I looked down at my scratch paper. I had written the next answer, but I hadn’t filled in the circle yet. I glanced around, then carefully filled in the correct circle.

Trying not to think about what I was doing, I continued working on problems and filling in answers. No one was looking at me. I quickly filled in five or six more circles.

“Lauren!” said a loud voice from behind me.

I jumped and whirled around to see Miss Higgins. The class was silent. I wished I could fall into a hole. I felt my eyes filling up with tears. I quickly erased all the

answers that I had filled in after the time was up and handed my answer sheet to Miss Higgins. She took it away, and I put my head on my desk and hid my face in my arms.

I had been cheating! An awful blackness filled me up inside. My whole class had seen me, and now my teacher probably wouldn’t trust me ever again. I knew I was supposed to be honest. Instead, I had disappointed my teacher, myself, and, worst of all, Heavenly Father. And I had pushed away my conscience without really thinking about it.

The rest of the day continued as usual—or, at least I think it did. I didn’t answer any questions or talk to my friends. That same heavy, dark feeling stayed with me. I knew I needed to repent.

After class, I gathered all my courage to apologize to Miss Higgins. I could see the disappointment on her face. “I’m sorry,” I said. I couldn’t say anything more. I ran back to my desk, grabbed my backpack, and started to hurry out the door.

“Lauren,” Miss Higgins called.

I stopped, fearing the worst. “Yes?”

“Promise me you will never cheat again.”

“Oh, I promise!” I said. I had already made that promise to myself a hundred times that day.

“Good,” she said. “Thank you.”

The dark feeling began to leave. After class I said a prayer, asking Heavenly Father’s forgiveness and thanking Him for a kind teacher. Peace filled my heart. It felt good to be clean again. ●

Turn the page to take a quiz about cheating!

IS IT CHEATING IF I...?

You know that copying someone's answers or sneaking notes into a test is cheating. But

sometimes it's hard to know what counts as cheating. Take this quiz to find out some do's and don'ts of cheating.

1. You haven't thought of anything to do for your science project yet. You overhear Alyssa telling someone about her project, and it sounds really cool! You only have a few days before it's due. So you . . .

- A. Use Alyssa's idea.
- B. Keep trying to think of your own project idea.

2. You need to write a book report for English class. You've read the book, but now you just can't seem to get your report started. You search the Internet for ideas and find some reviews of the book you read. So you . . .

- A. Copy a review from the Internet. Your teacher will never know, and besides, you did read the book.
- B. Get off the Internet and back to writing.

3. Your friend Matt didn't finish his math homework. He asks if he can copy the last 10 problems from your paper. So you . . .

- A. Let him copy your paper. He's your friend, and you don't want him to think you're a "goody-goody." Besides, it's not like he's copying the whole assignment. It's more like sharing.
- B. Don't let him copy your homework.

4. On your history test you leave the fourth question blank because you can't remember the answer. As your teacher collects the tests, you see Sean's answer to number four. You realize that you really did know the answer. So you . . .

- A. Quickly write down the answer on your test. You knew the answer anyway.
- B. Leave the question blank and turn in your test.

Answers

1. B. Keep trying to think of your own project idea. Sometimes cheating isn't just copying someone's paper. Taking someone else's idea and turning it in as your own is cheating. If you like Alyssa's ideas, maybe you can work together on another project.

2. B. Get off the Internet and back to writing. You'd be surprised to know how many teachers search the Internet to make sure their students haven't copied anything. Using someone else's words and putting your name on them is cheating. Having trouble writing? Make a list of what you liked and didn't like about the book, then start with one of those ideas. Or take a break, do some jumping jacks, or listen to music for a few minutes.

3. B. Don't let him copy your homework. Matt's your friend, and you don't want him to get mad at you. But letting him copy your homework isn't sharing. It's cheating, whether it's one answer or ten. Tell him you're sorry, but don't let him bully you into letting him copy.

4. B. Leave the question blank and turn in your test. It might be tempting to write down the

What Do You Say?

Sometimes it's hard when classmates ask if they can copy your answers, especially if they're your friends. But copying is cheating. You need to say no. It might be hard if someone gets mad or makes fun of you, but you will know you're doing the right thing. If someone asks you a question during a test, you need to ignore him or her. If your teacher sees you talking—even if you're saying no—he might think you are cheating too. Keep up the honesty, and your classmates will eventually stop asking you to cheat.



ILLUSTRATIONS BY MARYN ROOS

Missionary Appointment

BY ARIE VAN DE GRAAFF

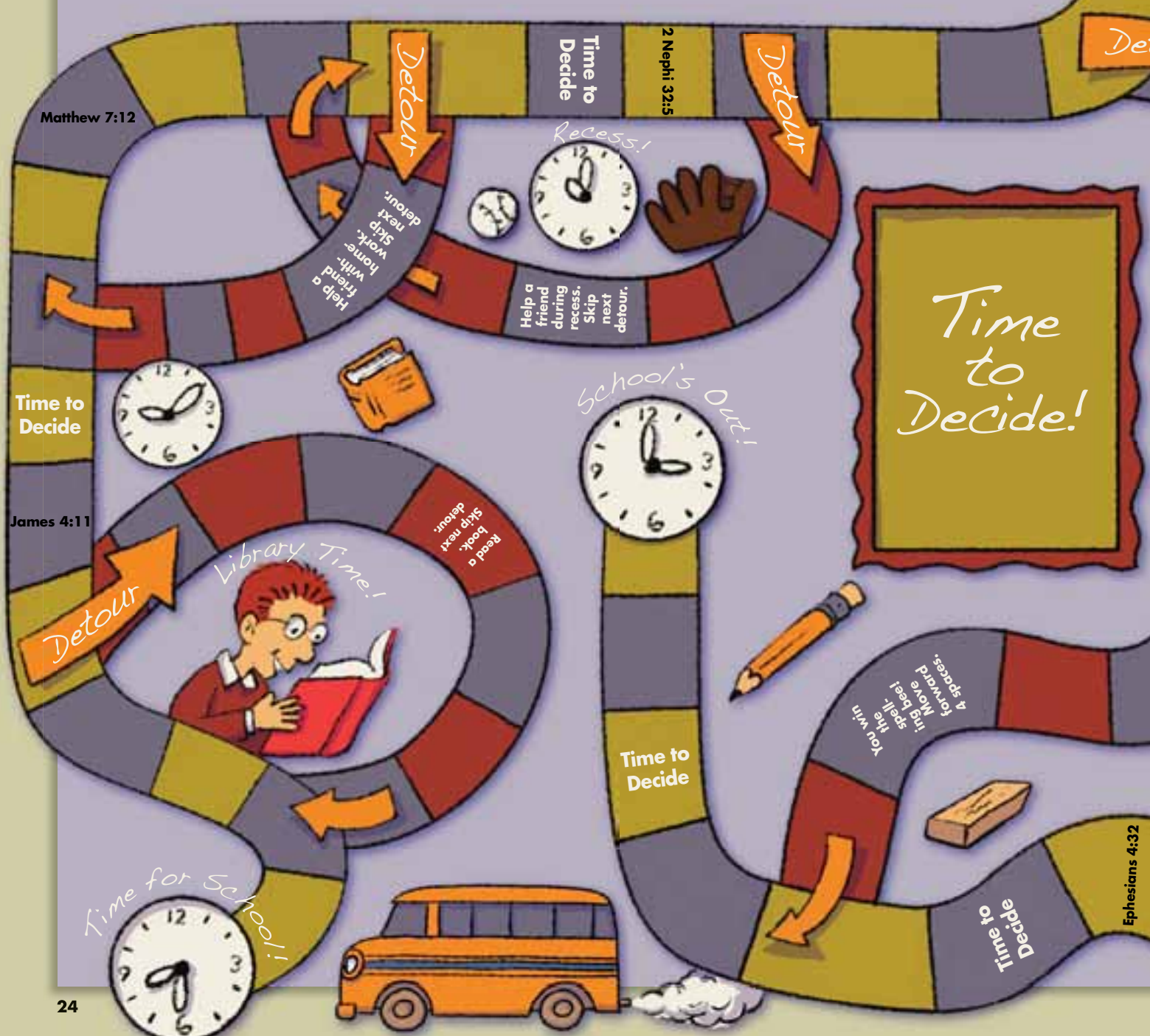
These missionaries are returning to an apartment building for an appointment with a family interested in learning the gospel. But the missionaries have forgotten the apartment number. Can you help them find the door they are looking for?

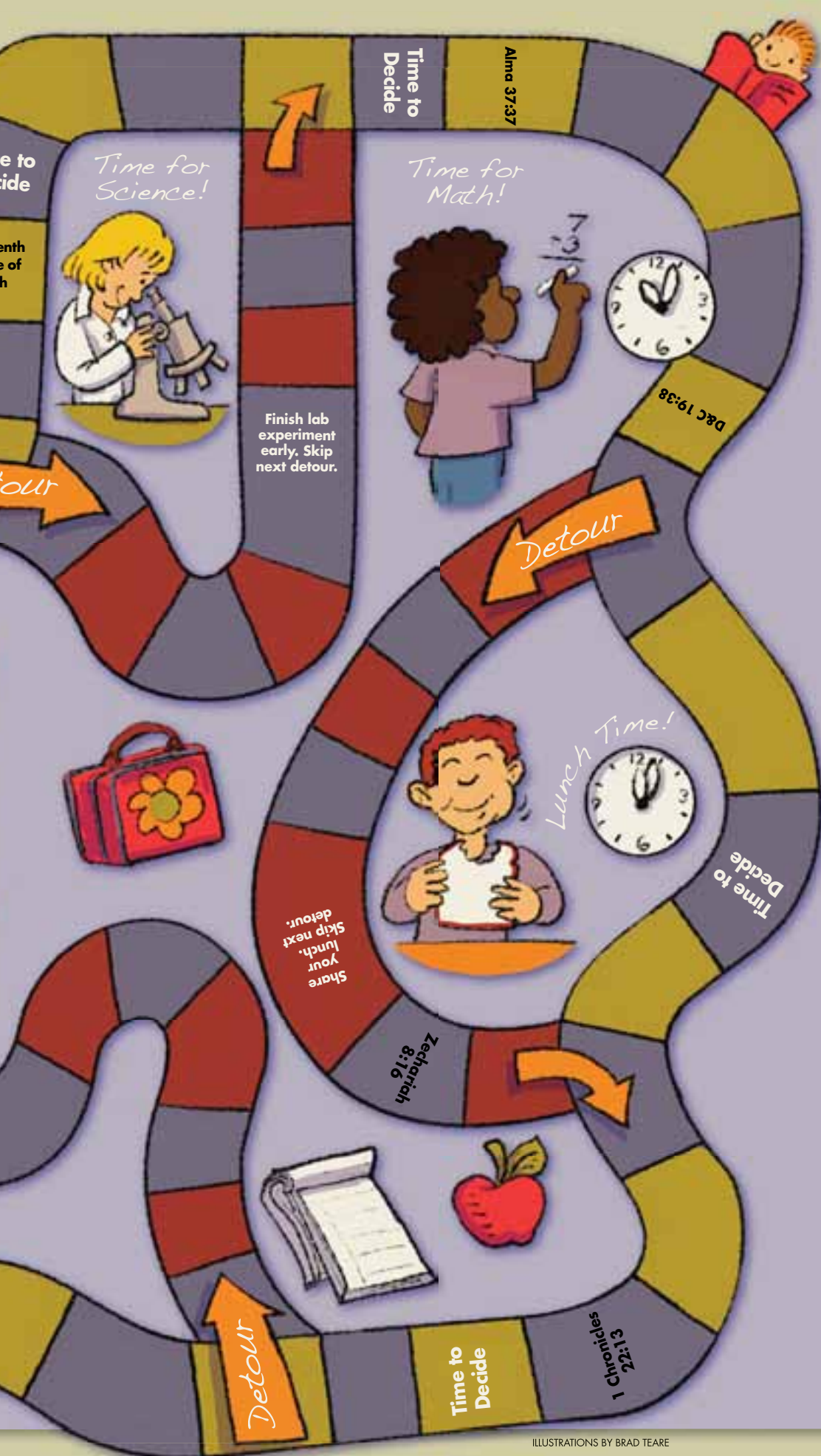


School Wise

At school you have lots of decisions about what to say and how to act. See if you can get through a day at school without making any detours.

- Cut out or make a copy of the paragraphs on page 25, glue them to colored paper, and cut them into cards.
- You will need a bean or coin for each player to use as a marker, a set of scriptures, and a die.
- Place the cards face down in the middle of the playing board.
- Let the youngest player go first by rolling a die and moving that number of squares.
- When someone lands on a "Time to Decide" square, have someone choose a card and read it out loud.
- With the other players, think of how you think Jesus would want you to act.
- When someone lands on a square with a scripture on it, look up the scripture and have someone read it.
- Tell the group how you think that scripture could help you make good decisions at school.





Math test! You didn't mean to look, but you accidentally saw the paper of the girl in front of you. One of your answers is different than hers, and she's the best math student in the class.

What to say? A lot of kids at school are using some words they have heard on TV. You don't think they are swear words, but you know they are rude. You think maybe it would be OK to use them too.

Recess! A boy asks if he can play kickball with you and your friends. He doesn't have many friends, and some kids say he talks funny. Your friend says there isn't room for any more players on your team.

Lonely lunch. You get your lunch and sit down to wait for your best friend. Then your friend walks by and sits with someone else instead. After school, your friend asks to walk home together.

Boring! Your teacher is at the chalkboard explaining something you already know. Your cell phone is in your desk. You could quietly send a message to your friend who is in another class.

New girl. Your friend has started a club where only certain people can play together at recess. You see a new girl in your class standing by herself on the playground.

Oh no—spelling bee! Spelling is really hard for you. Today there is a class spelling bee, and you're really nervous. You wonder how you can have the courage to do your best and not worry about what other people think.

Help! Homework! Your teacher just gave you a worksheet to do at home tonight. You want to play soccer after school. If you put the worksheet in the bottom of your backpack, your mom won't know you have homework.

BACK-TO-SCHOOL HUMOR



funstuff

In September, many children start school again after a summer break. Even though school can be hard work, these jokes show that learning can be fun—and funny too.

WHAT ROCK GROUP HAS FOUR MEN WHO DON'T SING?

Mount Rushmore.

WHERE DO PENCILS COME FROM?

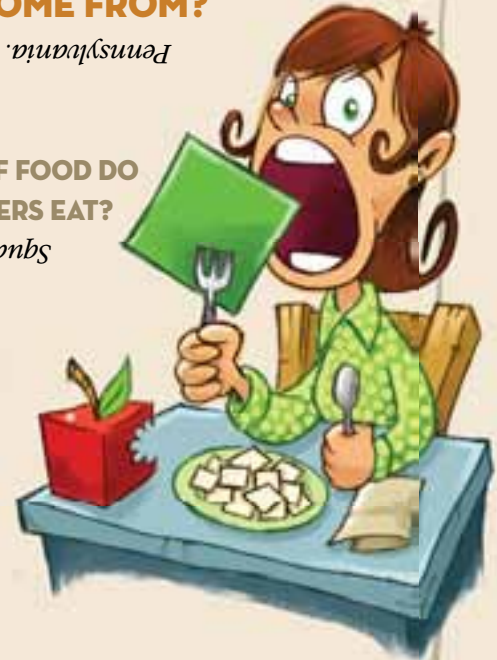
Pennsylvania.

WHY WERE THE EARLY DAYS OF HISTORY CALLED THE DARK AGES?

Because there were so many knights.

WHAT KINDS OF FOOD DO MATH TEACHERS EAT?

Square meals.



WHY DID THE MUSIC TEACHER NEED A LADDER?

To reach the high notes.

IF THERE ARE TEN CATS IN A BOAT AND ONE JUMPS OUT, HOW MANY ARE LEFT?

None. They are copycats.

WHAT IS PURPLE AND 5,000 MILES LONG?

The grape wall of China.

WHY DID THE TEACHER WEAR SUNGLASSES?

Because his students were so bright.

WHAT IS A LIQUID THAT DOESN'T FREEZE?

Hot water.

WHICH MONTH HAS 28 DAYS?

All of them.



Our speech reflects the kind of person we are.

Church leaders have instructed and counseled and pleaded with us to use the right language.

Have the courage to keep your speech clean and wholesome.



Elder L. Tom Perry of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

Sometimes I feel like swearing.



Is it really so bad?

Many times in our effort to refrain from improper speech, we find words to substitute. Sometimes they are so close to vulgar phrases everyone probably knows that we are substituting words and have not really improved our vocabulary.

How to Stop!

To anyone who has followed the practice of using profanity or vulgarity and would like to correct the habit, could I offer this suggestion? First, make the commitment to erase such words from your vocabulary. Next, if you slip and say a swear word or a substitute word, [think about] the sentence without the vulgarity or substitute word and repeat the new sentence aloud. Eventually you will develop a non-vulgar speech habit.

From "Thy Speech Reveals Thee," New Era, Aug. 1986, 6-7.



Scriptures

Study
Christ
Read with my family
It teaches us from prophets long ago
Plates of gold
The prophets' words
Understand what they say
Remind me what is right
Eternal principles
Scriptures help me learn the gospel
Tyler R., age 8, Arizona

Watching Over All

God never knows too much.
In fact, He knows all things.
He knows how to speak Dutch,
To the parting of the seas.
He watches all our actions
From the heavens up above,
And looks over us
With kindness and love.
So control your thoughts;
He can hear those too.
And when it comes to chore time,
Do them with a happy mood.
Ben W., age 11, California

Night, Night

Night, oh night, the happiest sight.
It is so dark, though you have a bright light.
And you must let it shine.
This light of mine
Is going to shine.
Set an example and you will see
You have made friends for eternity.
Kailie D., age 8, Georgia

A Tiny Seed

When the sun comes out and the roosters crow,
The tiny seed is ready to grow.
A tiny stem out of the soil,
It looks like it is ready to boil.
In a pot in the yard
It grows, grows, and grows;
And when it is fully grown, you're finished.
Braelyn H., age 9, Texas

Joseph Smith Jr.

Joseph Smith lived through trial and tribulation,
On many accounts, received revelation.
Such a good man, admired by his peers,
Each revelation, first one at 14 years.
Preaching with such honesty,
How could anyone forget thee?

Such toil and strife,
Much for him and his wife.
I remember his suffering at an early age,
Though he translated the Book of Mormon page by page.
He showed much virtue, even in a cage.

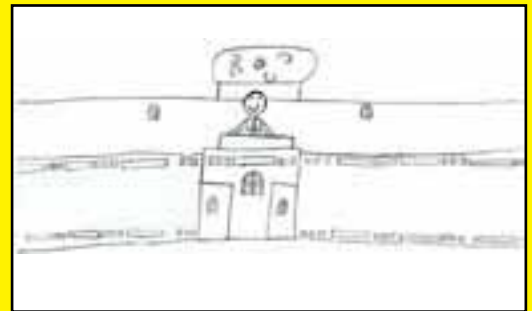
Joseph, I will remember thee,
Righteous man, like no man can be.

Thunder

You go to sleep
And it comes.
It comes.
It comes.
Boom! Boom! Boom!
It crashes
And it wakes you up.
London R., age 3, Utah



Gabe C., age 5, Colorado



Austin B., age 10, Utah



Torsten D., age 7, Idaho



Leslie B., age 8, Georgia



Ethan R., age 4, Philippines

Would you like to send us a poem or drawing?
Turn to page 49 to find out how.



Savanna N., age 9, Connecticut



Sage A., age 7, Utah



Kayla B., age 8, Montana



Mykelti H., age 7, Wyoming



Lucas W., age 8, Washington



Stephanie D., age 10, Scotland



Seth C., age 10, Oklahoma



Grant R., age 7, Arkansas



Niharika S., age 12, India

Campfire Stories and TESTIMONIES

Therefore, declare the things which ye have heard, and verily believe, and know to be true (D&C 80:4).

BY BRETT NIELSON

(Based on a true story)

Ring! It was the final bell of the school day on Friday afternoon. I jumped from my desk and raced to the door. My friend Kent had invited me and two other boys to camp out that night by his house. I had been looking forward to it for two weeks.

When I got home from school, I gathered my sleeping bag, pillow, flashlight, comic books, and a bag of snacks. When I got to Kent's house, he and his father were just spreading out the tent. We took turns hammering the stakes that kept the tent secure on the ground.

Then Kent's dad barbecued hamburgers, and we all played hide-and-seek in the woods. As soon as the sun went down, we turned on our flashlights and went exploring.

After a while, Kent's mother called us all back from the woods and told us it was time to settle in for the night. We ran into the tent, laid out our sleeping bags, and got comfortable. Soon we were sharing snacks and listening to some of Kent's amazing adventure stories. Kent always made us the heroes in his stories. We could always fly, and we always saved the day.

As it got late, everyone was tired and began to fall asleep. I could hear the crickets chirping in the night air and a train passing in the distance. I began to think about Kent's stories. I realized that even though Kent had told me a lot of great stories, there was one important story he didn't know. It was the true story of Joseph Smith and the Restoration of the gospel. The more I thought about it, the more I felt I

should share this special story with my friend.

"Kent, are you still awake?"

"Yes. What's up?"

My heart started beating a little faster and I felt anxious, but I kept talking.

"I was just wondering. Do you believe in God?"

"Yes, of course," he said.

"Do you believe in the prophets in the Bible?"

"Yes," Kent said as he sat up in his sleeping bag.

"Well, what if I told you that we have a living prophet on the earth today, just like in the Bible?"

"What do you mean—a prophet like Moses?"

"Yes, that's exactly what I mean."

"Well, that's something new," he said. "Tell me about it."

My anxious feeling began to melt away, and excitement grew in its place. I told Kent about the Prophet Joseph Smith and how the gospel was restored to the earth. I told him about the living prophet and apostles on the earth today.

When I finished, I asked Kent what he thought about it.

He was quiet for a few moments. "I think that's an amazing story that I really need to think about. Do you really believe it?"

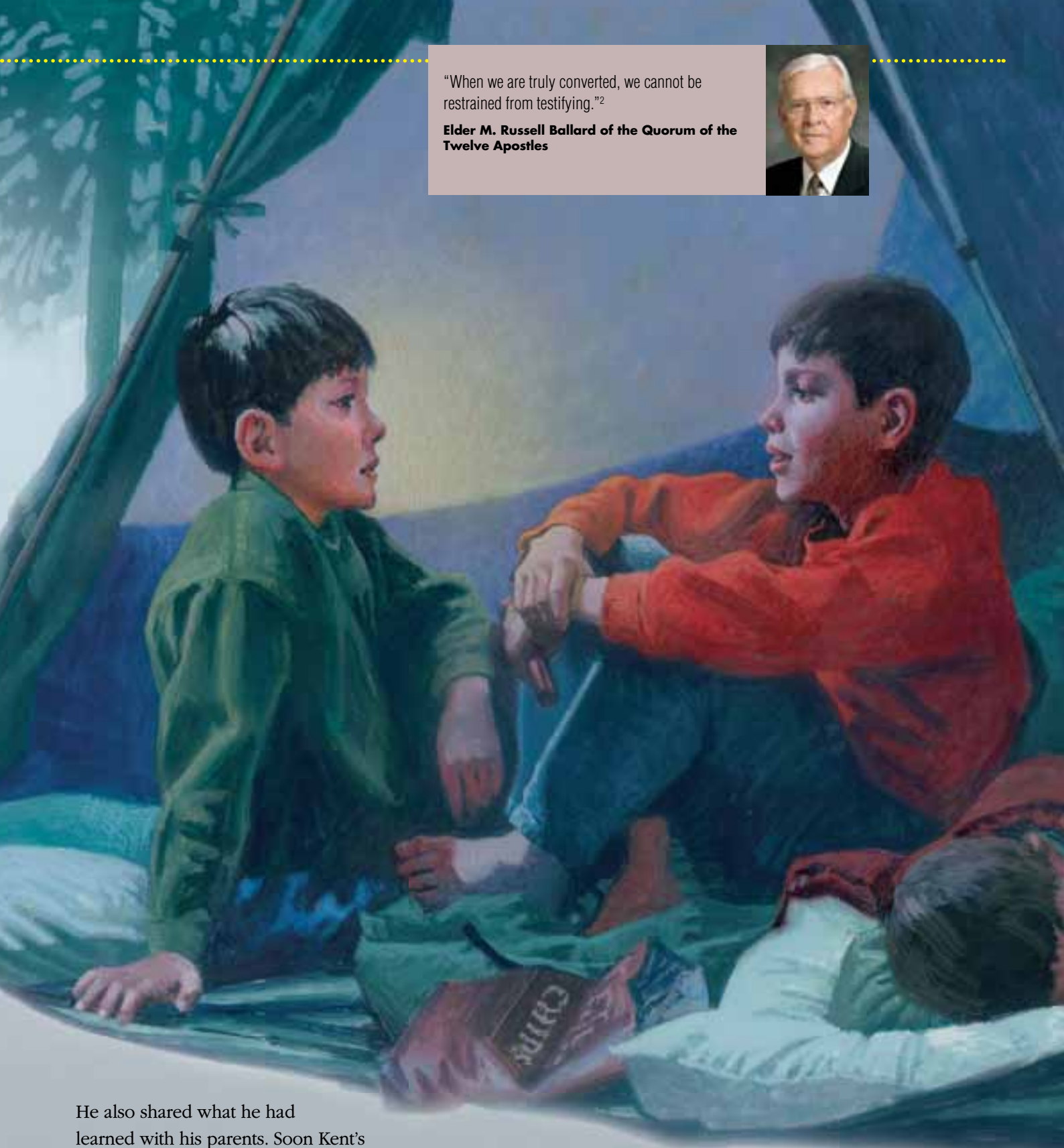
"Yes, I really do." I felt warmth inside my chest, and I knew I had said what Heavenly Father wanted me to say. I said a silent prayer that Kent would find out for himself that what I had said was true.

I later learned that Kent did pray to find his answer.



“When we are truly converted, we cannot be restrained from testifying.”²

Elder M. Russell Ballard of the Quorum of the Twelve Apostles



He also shared what he had learned with his parents. Soon Kent's family was studying the gospel and meeting with the missionaries. It wasn't long until Kent's whole family was baptized and confirmed members of The Church of Jesus Christ of Latter-day Saints.

Although many years have passed since then,

Kent and I are still great friends. We both served missions, and we attended Brigham Young University together. I'm so glad that I took the time to share the gospel with my friend. ●

Just Like the Bishop

BY SARAH CUTLER

(Based on a true story)

Has he not set a good example for thee? (Alma 39:1).



1 Bobby knocked on his sister Alicia's door. "Will you help me button my white shirt? I want to look just like the bishop." Alicia smiled as she helped him. "You will look just like the bishop," she said.



2 Bobby went to his brother Chris. "Will you help me tie my tie? I want to look just like the bishop." Chris tied Bobby's tie and said, "You will look just like the bishop."



3 Bobby saw his sister Sarah fixing Laura's hair. "Will you help me tie my brown shoes?" Bobby asked. "I want to look just like the bishop." Sarah tied his shoes. "You will look just like the bishop," she said.



4 "Don't forget your suit coat," Laura said. She helped him put his arms in the sleeves of the coat. "You will look just like the bishop."



5 Bobby saw Mom looking in the mirror. “Mom, will you comb my hair? I want to look just like the bishop.” Mom sprayed Bobby’s hair with water and combed it. “You will look just like the bishop.”



6 Bobby stood at the front door. “Are we ready to go?” Bobby asked. “I want to be on time, just like the bishop.” “Don’t forget your scriptures,” Dad said. “You will need them to look like the bishop.”






7 Bobby picked up his scriptures. “Am I ready?” he asked. “You look just like the bishop,” Dad said.




8 At church, Bobby sat reverently as he waited for sacrament meeting to start. Then he saw a hand stretched out in front of him. It was the bishop! The bishop shook Bobby’s hand. “Is that you, Bobby?” the bishop asked. “I thought it was me!”







Jesus Feeds 5,000 People

Jesus went to a place near the  . More than   followed Jesus

there. They wanted Jesus to teach them. Jesus taught them many things. When it was time to 



most of the  did not have  . The  told Jesus He should send


the  to the nearby  to buy  . Jesus asked the  to

see if anyone had  . One  had  loaves of  and  small

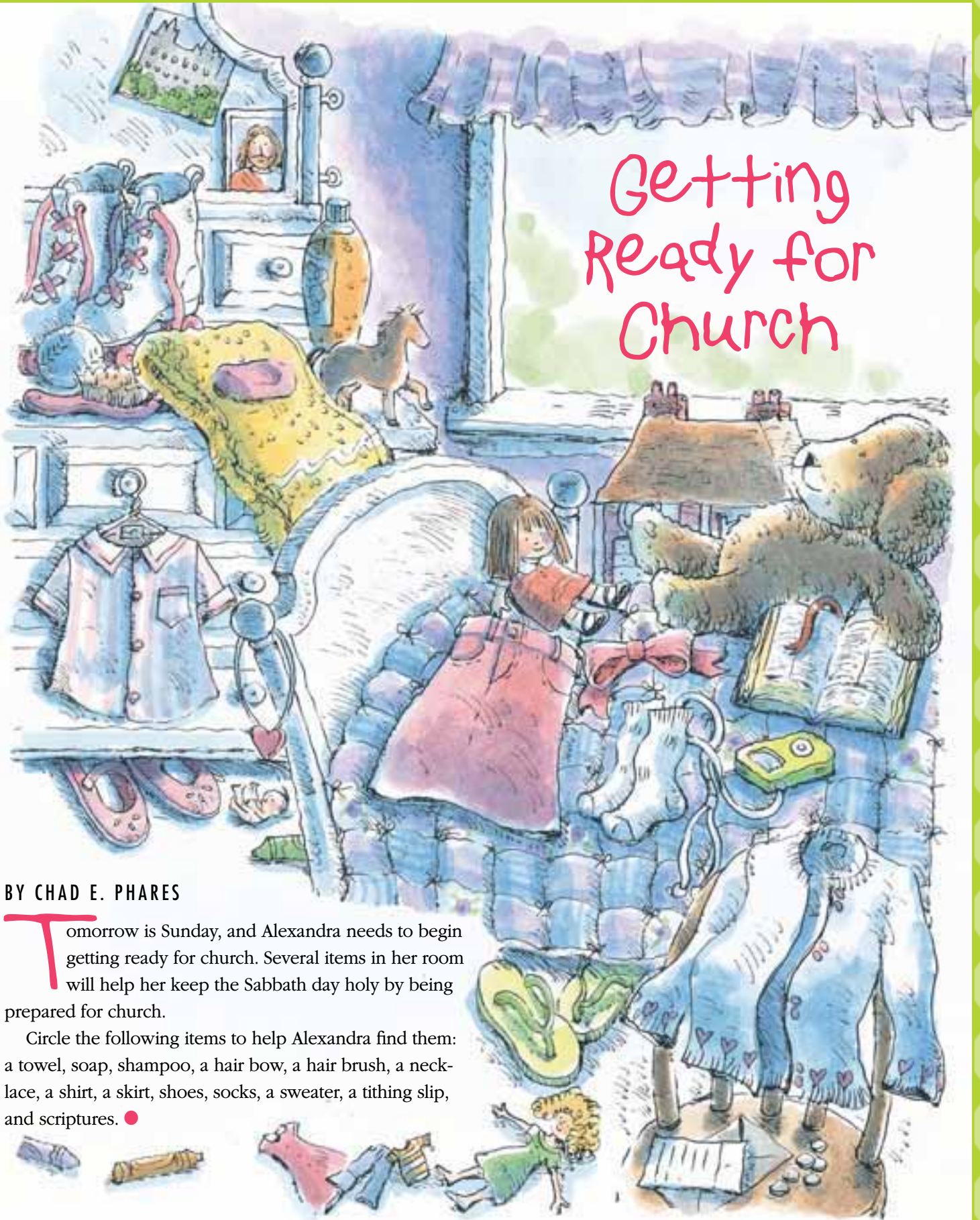
 . Jesus told all the  to  . He blessed the  and the

 and broke it into pieces. The  gave the  and  to

the  . Because of the miracle Jesus performed as He blessed the  and

 , there was enough for everyone.

Getting Ready for Church



BY CHAD E. PHARES

Tomorrow is Sunday, and Alexandra needs to begin getting ready for church. Several items in her room will help her keep the Sabbath day holy by being prepared for church.

Circle the following items to help Alexandra find them: a towel, soap, shampoo, a hair bow, a hair brush, a necklace, a shirt, a skirt, shoes, socks, a sweater, a tithing slip, and scriptures. ●



A Bright Example

Children all over
the world love their
family—just like you!
This month, let's meet
Isabel Hills of Goffstown,
New Hampshire.

BY JULIE WARDELL AND ANNA CULP

Isabel Chooses the Right

Isabel Faye Hills was excited for a very special birthday. On the day she turned eight, she was baptized and confirmed! At home in Goffstown, New Hampshire, Isabel's family says she is a shining example of staying on the right track with hard work and a great laugh.



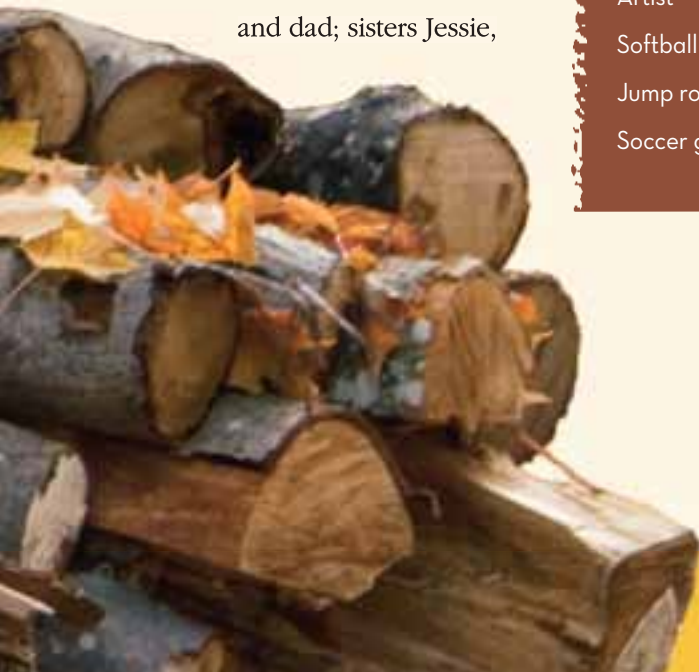
Isabel's Baptism

Isabel helped plan her baptism service, and she made the program herself. She was baptized by her dad and confirmed by her Grandpap Conklin.

Isabel does her best to keep her baptism covenants by reading the scriptures and doing what she learns from them, and by being a good example to her schoolmates and family. She asks children at school to not take the Lord's name in vain. She tries to help children who get picked on. At home, Isabel follows the rules, tries to avoid contention, and works hard.

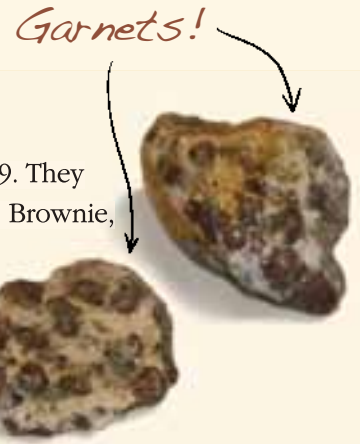
At Home

Isabel lives with her mom and dad; sisters Jessie,



11, and Ellie, 5; and brother Jack, 9. They all help take care of their hamster, Brownie, and their bunnies, Smudge and Lucky. In the woods near their house, Isabel's family goes feather hunting. Wild turkeys nest in the woods, so they find mostly turkey feathers.

Sometimes they find hawk and crow feathers. There are lots of rocky areas in New Hampshire, so they hunt for garnets too. Garnets are gemstones that can be many different colors. Sometimes her family cooks in their fire pit. They cook hot dogs, roast marshmallows, and tell stories around the fire.



A Clean Routine

Everyone helps clean house by following the family chore chart. They keep clean hearts with family prayer, family scripture study, and family home evening.

What else is Isabel called?

- Issy
- Piano player
- Artist
- Softball first baseman
- Jump roper
- Soccer goalie



Family prayer is before school and before bedtime. And family scripture study is before bedtime too. Isabel likes family home evening because it helps her solve problems at school, and because her family reads stories from the *Friend*.

Isabel's family, including Grandma



Favorite Foods

Shrimp

Lobster

Beets

Asparagus

Avocados

Scripture Story

Isabel likes the story of Paul in the New Testament. Paul said bad things about the Church and led people away from it. After Jesus Christ spoke to him, he was converted and became a good missionary.

Isabel Is Thankful

Isabel is thankful for an eternal family. When Isabel was seven, a fire burned her house. The people from her ward and neighborhood had a dinner and donated money to help Isabel's family. Her first-grade teacher asked Isabel why she wasn't sad about losing her toys, clothes, and home in the fire. Isabel said, "We're just blessed that we are all together." ●



Where in the World Is Goffstown, New Hampshire?

Jessie



Ellie

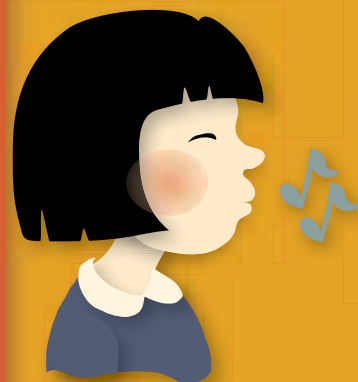


Isabel



Jack





My Friends

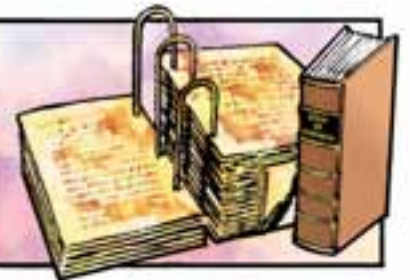
BY KAREN S. HOPKINS

One friend, two friends, three and four,
Who is the friend that I like more?
Richard lets me ride his bike;
Sarah knows the songs I like.
Kim and I can draw quite well;
Janet likes me, I can tell.
Carlos calms my fear of math;
Katie gave my dog a bath!
David's stories make me smile;
Rosa makes the day worthwhile.
Each friend has a special way—
I think I'll ask them *all* to play!



FROM THE LIFE OF THE PROPHET JOSEPH SMITH

The Inspirations of a Prophet



By November 1833 most of the Latter-day Saints in Jackson County, Missouri, had been persecuted and driven from their homes.

In 1834 the Lord commanded Joseph Smith to organize a group of Latter-day Saints to march from Kirtland, Ohio, to Jackson County, Missouri. The group was called Zion's Camp.



I need as many men as will come. We'll march to Jackson County and recover the land that was taken from us.

Over 200 people walked more than 900 miles (1,450 km). They often didn't have enough food or water. Some men chose to quarrel and criticize the Prophet.

One day, when crossing a swamp, one of the wagons got stuck.



I'm tired of marching so far. We deserve better food.

I didn't think this would be so hard.

I miss my wife and children.



It won't move.

I can't do this anymore. I'm going home.

Don't give up, men. Grab this rope and pull.



Some days later, after the men were weary from ferrying a stream, they found a nice place to camp. They felt happy for the first time in a long time.



Men, I feel impressed to travel on a little farther. Follow me.

We have been traveling all day and are hungry and tired.

You can go on, but we'll stay here.



Joseph and a faithful group of men traveled on about seven more miles (11 km).

I'll follow where you lead, Joseph.

Thank you, Brigham.



Maybe we should follow Joseph.

All right. Let's go.



Later, the men of Zion's Camp received a report.

There was a mob of men organized to come upon us that night, right where we had decided to camp the first time.

How grateful I am for a prophet.

BY JULIANNE DONALDSON

(Based on a true story)

Comforting Lucy

[The] Comforter filleth with hope and perfect love
(Moroni 8:26).

Lucy was curled up in a corner of her bedroom when her mom came in to say good night. “What are you doing over there, Lucy?” Mom asked.

“I just wanted to be alone to think,” Lucy said, burying her face in her favorite blanket—the yellow one with flowers that had belonged to Mom when she was a little girl.

“Do you want to talk about it?” Mom asked, sitting down in the rocking chair.

Lucy nodded and climbed up on Mom’s lap. “I was thinking about Grandma Eliza,” she said quietly, rubbing her blanket across her eyes.

“Oh,” Mom said, rocking her gently. “You know, Grandma Eliza is in heaven now. I think she must be very happy there.”

Lucy sniffed. “I know,” she said. “But I miss her, and I’m not happy that she’s gone.”

“I miss her too,” Mom said as she stroked Lucy’s hair. “Why don’t we pray about this?”

“OK,” Lucy agreed. With Mom’s help, Lucy prayed, “Dear Heavenly Father, I feel sad that Grandma Eliza died, and I miss her. But I know Grandma is in heaven and she’s happy, and I know that I’ll see her again when she’s resurrected. Please help me not to feel so sad. In the name of Jesus Christ, amen.”

After she said “amen,” Lucy sat quietly for a moment. Then she had an idea. “I know what to do! Aunt Emma told me that singing Primary songs helps her feel happy. Maybe we should do that!”

“That sounds like a good idea,” Mom said.

Together, Lucy and Mom sang “I Am a Child of God,” “I Love to See the Temple,” and “I’m Trying to Be like Jesus.” When they finished, Lucy said, “I feel happy now, Mom.”

“The Holy Ghost helped you know what to do so you would feel better,” Mom said.

Lucy smiled. “I know. Heavenly Father answered my prayer.” Now as she thought about Grandma Eliza, she felt like her favorite blanket was wrapped around her heart. She was comforted.

“I love you, Mom,” Lucy whispered before she fell asleep. “And I love Grandma Eliza too.” ●

“Most often, answers to prayers come as a feeling of peace. They come as a feeling of reassurance. They come as a feeling that Heavenly Father knows you and me personally and wants to bless us.”³

Vicki F. Matsumori, second counselor in the Primary general presidency



What Primary songs do you like to sing when you are sad?





Friends in the News



Abbotsford First Ward

When Max B. got cancer, he couldn't go to Primary, so his friends in the Abbotsford First Ward, Abbotsford British Columbia Stake, made him a quilt to let him know they support him and are praying for him. The squares in the quilt are made out of blue jeans, and each one has the name of one of the Primary children.



Regan H., 4, North Carolina, likes to paint, draw, read, and ride her bicycle. She is a great sister and enjoys playing with her family. Her favorite scripture story is about Nephi, and she loves everything about Primary.



Eden B., 5, Tennessee, likes playing on the swings in her yard. She also enjoys playing soccer with her dad, playing games with her mom, entertaining her younger sister, and playing dinosaurs with her older brother. She is very artistic and musical and loves to make up her own songs.



Hannah P., 9, Alaska, likes to swim and play soccer. She has two brothers and a sister. She is sweet, funny, and full of energy. She especially likes to help her youngest brother, Robert.



Tommy B., 4, Idaho, had this picture taken on the day his oldest brother entered the Missionary Training Center. Tommy wants to be a missionary too. He likes to sing Primary songs, and he's glad he has the same first name as President Thomas S. Monson.



Deven and Carsen S., 7 and 8, California, are kind sisters who enjoy playing together. Deven likes to draw and take swimming lessons. Carsen enjoys reading and going fun places with her family. Both sisters love reading their scriptures at night and being good examples to others.

Covington Branch

These children from the Covington Branch, Buena Vista Virginia Stake, had a Primary activity day all about the *Friend*. They listened to a message from the First Presidency, learned about "Trying to Be Like Jesus," and searched for a hidden CTR ring. Then they made lunch using Kitchen Krafts recipes.



Carter F., 5, New York, likes to help at church by gathering hymnbooks and putting them back on the shelf after sacrament meeting. His favorite song is "Follow the Prophet." He likes learning about the world, especially bugs. He is a happy, peaceful boy who is a good example to his family.



Would you like to be a friend in the news?
Turn to page 49 to find out how.



Enugu District

Forty-seven children in the Enugu Nigeria District sang two Primary songs in district conference: "If the Savior Stood Beside Me" and "Families Can Be Together Forever." Many people in the congregation commented on how their singing brought a wonderful spirit into the meeting. Each child wore a ribbon rosette that said "I am a child of God."



Katie and Jeffrey R., 5 and 3, Utah, like to ride their bikes and play "Primary" at home. Their favorite songs are "Follow the Prophet" and "Did Jesus Really Live Again?" Katie loves to help her younger brother and sister, and Jeffrey likes to work with his dad.



Cameron S., 11, Texas, received an award from his swimming coach for working hard and being respectful to the coaches. In Primary, Cameron is reverent and willing to serve. Cameron's Primary president sent his picture to the *Friend*. She is proud of him for being an excellent example to people in his community.



Glenesse P., 8, Manitoba, Canada, likes to read scriptures. She is a good student, especially in math. She enjoys cooking scrambled eggs and helping take care of her younger sister. She wants to be a mommy someday.



Ava P., 5, Washington, enjoys singing, dancing, swimming at the beach, and going to circus class. She loves Primary, especially singing time. Her favorite scripture story is Noah's ark. She likes candy necklaces and movies about princesses. Ava is a great older sister to her younger brother, Max.



Cairns Australia District

Children in the Cairns Australia District had a great Primary activity with the theme "Red Is for Courage to Do What Is Right." First they had a 300-step hike on the "Red Arrow" trail. Even the Sunbeams finished the whole hike. Then they learned about prophets and pioneers who had courage, and talked about how they can show courage in their own lives.

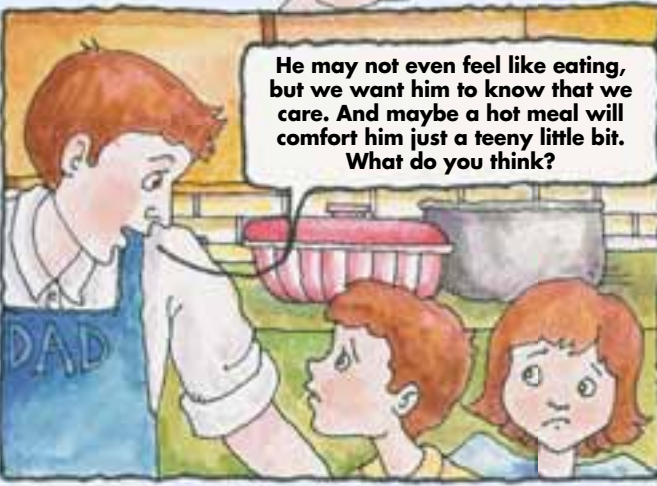
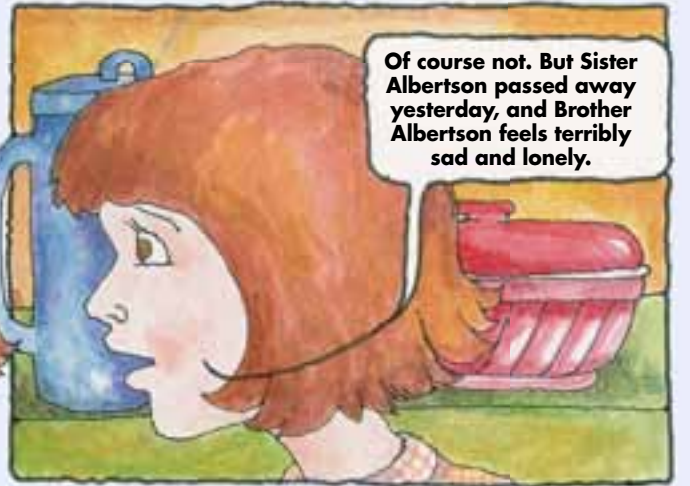
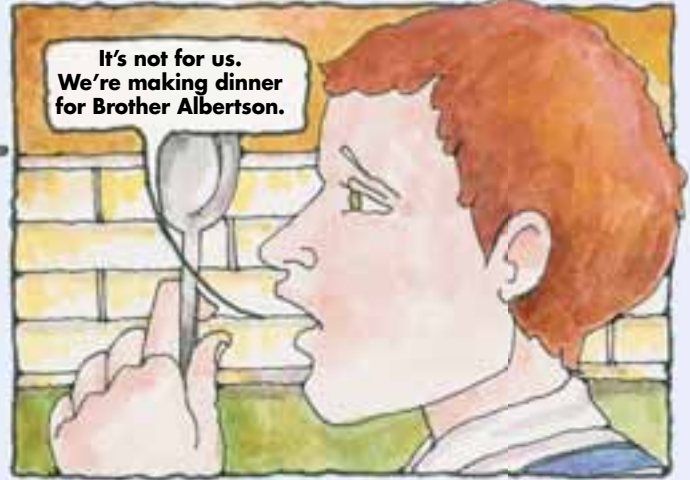
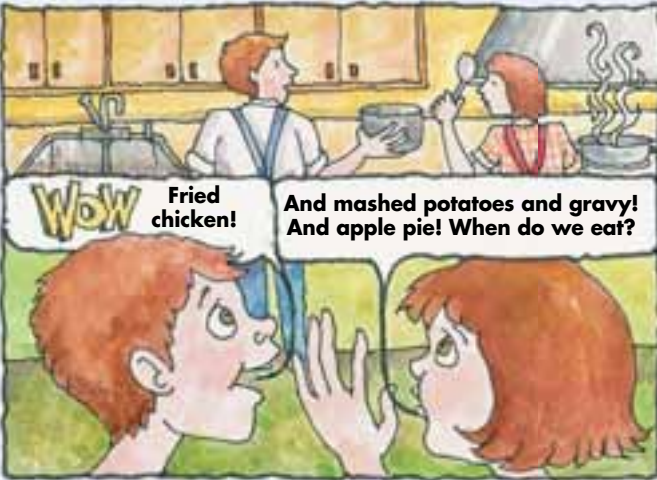


Brittany, Amberly, and **Brennan S.**, 11, 9, and 7, Colorado, are grateful that Brittany has recently survived having cancer. Having cancer has been hard, but Brittany knows how to fill life with laughter. Her brother and sister were always there to support her. All three love Heavenly Father and Jesus and try hard to choose the right.



Lex M., 3, California, loves his new baby brother. Every day he asks if he can teach Spencer how to pray. He likes being a Sunbeam, taking his scriptures to church, and learning Primary songs. He likes music and dancing.

Matt AND Mandy



Matt and Mandy's Famous Salad

Try making this salad for a party or a meal. You just might become famous for making it for your family too.



- 4 slices bacon**
- 1 package (6 ounces/170 g) baby spinach leaves**
- 1 can (11 ounces/312 g) mandarin oranges**
- 1/4 cup sliced almonds**

Dressing:

- 1/4 cup sugar**
- 1/3 cup vinegar**
- 1/4 teaspoon salt**
- 2 tablespoons canola oil**

1. Wash your hands.
2. Get out a big bowl to make your salad in.
3. Have an adult help you cook the bacon in a large frying pan. When it's done put it on a paper towel or napkin to cool.
 4. Put the spinach in the bowl. Drain the mandarin oranges, and put them on top of the spinach. Crumble the bacon, and sprinkle it and the almonds on top.
 5. Mix the dressing ingredients in a small bowl. Pour the dressing over the salad and mix lightly.



PROPHETS TEACH ME HOW TO STRENGTHEN MY FAMILY.

“What I the Lord have spoken, I have spoken. . . ; whether by mine own voice or by the voice of my servants, it is the same” (D&C 1:38).



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(f) = Funstuff
(IFC) = inside front cover
(m) = music
(v) = verse

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Sidebar References

1. "Choosing Kindness," *Friend*, Jan. 2007, 9.
2. "Pure Testimony," *Ensign*, Nov. 2004, 41.
3. "Answers to Prayers," *Friend*, Nov. 2006, 9.



Family Home Evening Ideas

1. Read "Showing the Love in Your Heart" (pages 2–3). Why did the mother feel Fan's love the most? As a family, think of someone to whom you can show your love. It can be a neighbor, a teacher, a friend, or a family member. Have each family member cut hearts out of paper and write kind notes on them. As a family, deliver the notes to that person.
2. Before the lesson, allow a small amount of clay or play dough to harden. Read "Scriptures and Bullies" (pages 5–6) and discuss the important role that the Holy Ghost had in helping the girl know how to help Mike. Give a family member some fresh clay. Pick a shape or object for him or her to mold the clay into. Next, give someone the hardened clay and ask him or her to mold it into the same shape. Talk about how we need to be

"moldable" so the Holy Ghost can direct us to do Heavenly Father's work.

3. As a family, play a board or card game. During the game, talk about how each of you would feel if someone cheated. Read "The Cheating Lesson" (pages 20–21) and take the quiz on page 22. Discuss why it is wrong to cheat.
4. Read "Campfire Stories and Testimonies" (pages 30–31). As you read, stop occasionally and take a bite of an apple and say how good it tastes. When you are finished reading the story, ask if anyone would like to have an apple also. Read Alma 32:37. The gospel is delicious, and as you gain a testimony of it, you will have the desire to share what you know with others. In what ways can you share your testimony with others?

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Would you like to send us a letter, drawing, or poem? Fill out this form, or make sure all the information is included with your submission. (Letters for Friends by Mail and Trying to Be Like Jesus should include a photo.) Submissions may be edited for length and clarity.

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Salt Lake City, UT 84150-0024
Or e-mail: friend@ldschurch.org

The following information and permission must be included:

Full name _____

Age _____ State/Province, Country _____

I grant permission to print submission and photo:

Signature of parent or legal guardian _____

Children whose work is submitted should be at least three years old.

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For Children



Videos This month Matt and Mandy learn about serving people in need. Click on "Watch Matt & Mandy" on friend.llds.org.



Games You can learn about prophets and apostles, temples, and scripture stories by clicking on "Play Games" on friend.llds.org.



For Parents



Ideas Find helps for family home evening in the Home and Family section of llds.org. Click on "Family Home Evening" for lesson ideas, activities, and other resources.

School Helps Many children start school in the fall. In this issue and on friend.llds.org you'll find information about bullying and a quiz about cheating.



For Teachers and Leaders



Coloring Pages Children love to color! To add a coloring activity to your next Primary lesson, visit friend.llds.org and click on "Print Coloring Pages." **Gospel Art** You can print out any picture from the new Gospel Art Book. Just go to gospelart.llds.org.

