

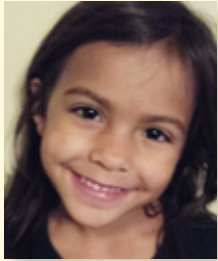
THE Friend



Join the
S.O.C.K.S.!
See page 44

FRIENDS by Mail

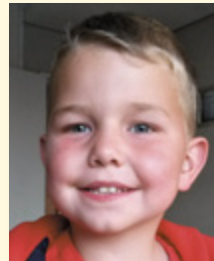
A Courageous Choice



One day I was watching a movie at a friend's house, and I didn't feel good about the movie. And then I remembered the article in the *Friend* magazine about a boy who was at his friend's house and he didn't feel comfortable playing a video game, so he played cars instead. This gave me courage, so I told their mom that I didn't feel comfortable with the movie. Then she changed the movie. I had a warm feeling inside because I knew I did the right thing.

Evelyn W., age 7, Florida, USA

How We Use the Friend



I love receiving the *Friend* in the mail. My favorite thing to do as soon as I open it is to find the hidden CTR ring. I love listening to my parents read me stories from the *Friend*!

Blake S., age 4, Gauteng, South Africa

Bedtime Stories



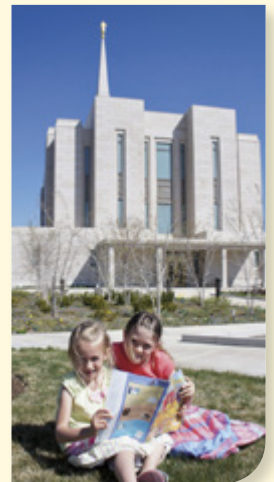
We are sending this picture to share the joy we have reading the *Friend* before we go to bed. It is a great way to end our day grateful for our many blessings—and to have sweet dreams!

Alma, Linda, Emily, and Evalynn S., ages 7, 5, 3, and 1, New York, USA

Reading the Friend

My sister and I like to read the *Friend* with my mom outside of the temple while we wait for our older brothers to do baptisms inside the temple.

Tessa and Addison B., ages 6 and 9, Utah, USA



Dear Friends,

We hope you've been having a lot of fun solving the Family History Mystery each month. Learning about her family history helped a girl named Lindsay feel better when she was afraid. You can read her story on page 28. Then write to us and share what you've learned about your family's history!

Solve this month's Family History Mystery on page 23.

Happy sleuthing!

The Friend

Was there a letter or a story in this month's issue that helped you? Tell us about it. Turn to page 48 to find out how.





◆ Primary Connection Find stories and activities to go with this month's sharing time theme and lessons.

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Hidden CTR Rings

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Level 2: Why do we fast?

Level 3: No hint!

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FROM THE FIRST PRESIDENCY

Fasting for VANUATU

By President Henry B. Eyring

First Counselor in the First Presidency

We have the opportunity to fast once a month and give a generous **fast offering** through our bishop or branch president to help the poor and the needy.

Several months ago I read about a storm that hit the island of Vanuatu. It destroyed many homes and killed at least six people. When I read that, I remembered visiting little homes on Vanuatu. I could picture the people huddled in homes during the storm.

Then I pictured the bishop and the Relief Society

president giving the people who had lost their homes comfort, blankets, food to eat, and water to drink. They would be using fast offerings to help those in need.

So I didn't wait for Sunday. I took a fast offering to my bishop that morning. That money might help someone in my neighborhood, but it could also go to help people in Vanuatu.

There are more hungry, homeless, and lonely children of Heavenly Father than we can possibly help on our own. So the Lord has given us something that we *can*

Money we give (or offer)
to help others.

5

FASTING FACTS

WHO: Anyone old enough and healthy enough to go without food and water (ask your parents)

WHAT: Skip eating and drinking for two meals

WHEN: The first Sunday of each month

HOW: Pray before, during, and after fasting; go to church; give a fast offering

WHY: To strengthen your faith and help people who need help



Unes
and Naomie R.
are cousins who
helped clean up
after the
cyclone.

TO **VANUATU**

FROM **UTAH**



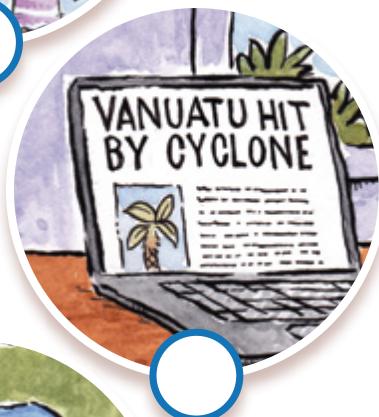
Help President Eyring's fast offering money get to Vanuatu! Number the pictures to put them in the right order.

do to help. It is a commandment with a wonderful promise for those in need and for us.

It is the law of the fast.

I bear my witness that Jesus is the Christ, that in His Church we are invited to help Him as He cares for the poor in His way, and that He promises everlasting blessings will come from our helping Him. ◆

Adapted from "Is Not This the Fast That I Have Chosen?"
Ensign, May 2015, 22–25.



FASTING PROMISE

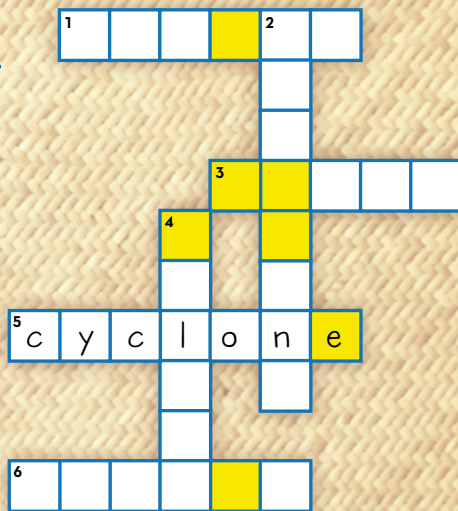
Heavenly Father promises us amazing blessings when we fast. Find one by doing the crossword. Then unscramble the letters in yellow squares and fill in the blanks of the scripture verse below. One letter has been done for you. Check your answers on page 48.

Across

1. Leader of a ward
3. Breakfast, lunch, and dinner
5. Another name for a tropical storm
6. The Sabbath

Down

2. Gift
4. Land surrounded by water



"Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, _____ e _____" (Isaiah 58:9).

Sticks and Stones

By Heidi Poelman

(Based on a true story)

"I'm trying to be like Jesus; ... in all that I do and say"
(Children's Songbook, 78).

Charlie dropped the soccer ball on the grass and looked at Alex. "First one to five wins!"

Alex grinned. He liked the challenge of playing against his older brother. "You're on!" He picked up the ball

yard. "Score!" he shouted.

The boys kicked the ball around, running and laughing. Soon Charlie had four points and Alex had two.

"This is it," Charlie said. "One more point and I win." He raced around Alex, dribbled a few feet, and kicked the ball hard. It bounced off the fence and soared into the goal. "That's five! I win!"

"Wait, hold on," Alex said, running to catch up. "You hit the fence. That's out of bounds. It doesn't count."

"Oh, come on! We never said that," Charlie said, tossing the ball in his hands.

"But it's *out*," Alex repeated. "You can't do that. You're cheating."

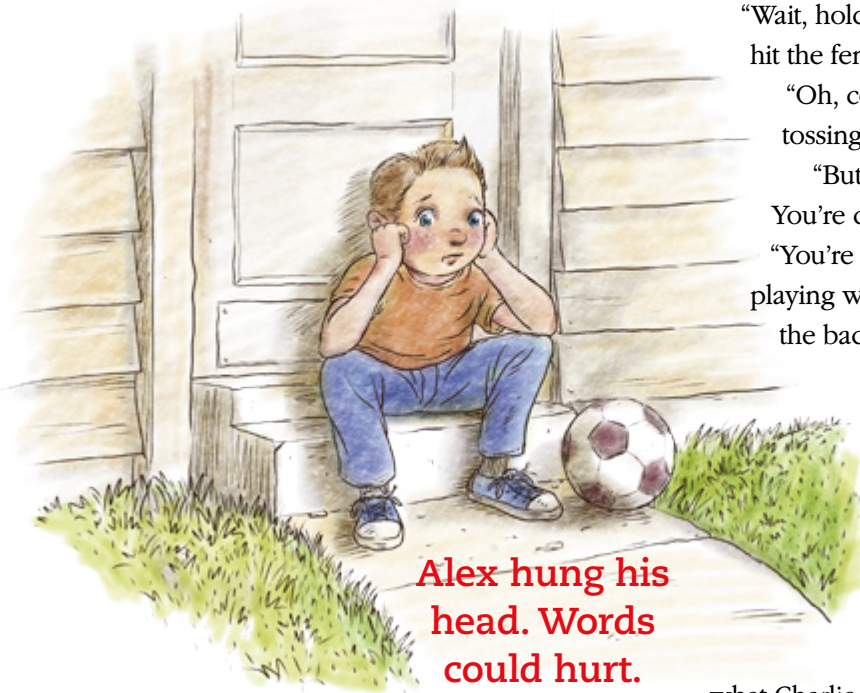
"You're such a baby," Charlie said. "I don't even like playing with you." He dropped the ball and walked in the back door to their house.

"Oh, yeah?" Alex called after him. "Well, sticks and stones can break my bones, but words will never hurt me!"

Alex sat down on the back steps and hung his head. Why had Charlie said that? They loved playing together outside. At least, Alex thought they did. He felt his stomach tighten as he remembered what Charlie had said. Words *could* hurt.

After a few minutes Alex tried to think about what Jesus would do. When people were unkind to Jesus, He was always kind to them. But it was hard! *It was Charlie's fault!* Alex thought. *I didn't do anything wrong!*

Alex kicked the ball around the yard by himself as he thought. Finally he glanced down at the ball, then looked at the house. It really wasn't much fun playing on his own. He took a deep breath.



Alex hung his head. Words could hurt.

and threw it to the middle of the yard. Charlie ran and kicked it between the two trees in the back.

"That's one!" Charlie shouted.

Alex laughed and ran for the ball. He kicked it down the yard, sidestepped Charlie, dribbled left, then right, and kicked hard toward the net at the other end of the

He opened the back door and walked upstairs to Charlie's room. He peeked inside. Charlie was on his bed reading a book.

"Hey," Alex said.

"Hey," Charlie replied, staring at his book.

"Do you want to finish our game?"

Charlie looked up. "I guess so." He set his book down and shrugged. "Maybe I could take back that last goal and not hit the fence again."

Alex smiled. "OK."

The two boys walked down the stairs and went back outside.

"I'm sorry I said what I did," Charlie said. "I do like playing with you."

"I know," Alex said. "Thanks." He smiled and kicked the ball down the yard. He had never realized what a little kindness could do. ♦

The author lives in Utah, USA.

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



My friend Sofia wanted to play with me, and I promised I would. Then I was invited to a birthday party. It sounded like it would be fun. But I thought it over and felt that I shouldn't disappoint Sofia, so I decided to play with her instead.

Savanna S., age 10, São Paulo, Brazil



Family Fun



Time

Read “Sticks and Stones” (page 4). Even though Alex was the one whose feelings were hurt, he still reached out to make up with his brother Charlie. This is a good example of being a peacemaker. What can your family do to help each other be peacemakers?

Be sure to get an adult's help with this activity and recipe.

Following in Jesus's Footsteps

What can you do to follow Jesus's example of being a peacemaker?

1. Have everyone trace their foot on a piece of paper. Write one of the scripture references below on each footprint.
2. Take turns reading the scriptures out loud. Then, on the back of each footprint, write one thing you can do to follow Jesus's example this week.
3. Tape the footprints on a door or wall as a reminder to follow in Jesus's footsteps and be a peacemaker!



3 Nephi 17:1-7
Mark 10:13-16
Matthew 9:9-13
Matthew 14:22-33
John 8:3-11
Luke 23:33-34

Elephant Ears

Try this tasty treat with a silly name!

1 1/2 cups sugar
2 teaspoons ground cinnamon
oil for frying
10 flour tortillas

1. Mix the sugar and cinnamon in a large resealable plastic bag.
2. Heat a thin layer of oil in a frying pan. Cook one tortilla at a time—for 10 seconds on one side, then turn it over and cook for 10 seconds or until browned.
3. Put the tortilla in the bag, seal it up, and shake until the tortilla is coated in cinnamon and sugar. Repeat with all the tortillas and serve warm.

Watch videos about Jesus and His example at Biblevideos.org.



“These are **YOUR** days.
You were born
in a time of
TEMPLES and
TECHNOLOGY.”

Elder Neil L. Andersen
Of the Quorum of the Twelve Apostles

*From “My Days’ of Temples and Technology,”
Ensign, Feb. 2015, 28–35.*



Use technology to find your ancestors’ names to take to the temple. Watch “Finding Our Cousins—The Eberts’ Experience” at friend.lds.org to find out how!



Flipping

By Heather Kirby

(Based on a true story)

“The Holy Ghost . . . will show unto you all things what ye should do” (2 Nephi 32:5).

Bye, kids! We’re going on our temple date,” Mom said.

“Be good and have fun,” Dad said as he pulled the door shut behind them.

“Yay!” I said. “We can do whatever we want now!”

My older brother Matt sighed. “Not me. I’ve got to do homework so I can go to the dance tomorrow.” He disappeared into his room.

I felt a little jealous. He was old enough to go to stake dances—but I still had another four years before I could go. I didn’t have much homework, so I decided to see what was on TV.

As I flipped through the channels, I saw a movie I’d really wanted to watch last year, but hadn’t because of the rating. I could finally see it now that it was edited for TV!

How do you make choices you’re comfortable with? Turn to page 10 to learn more!

CHANNELS

I settled down on the couch. This movie was going to be great. But just a few scenes in, I started to feel uncomfortable. There wasn't anything horrible going on, but I started to wonder about the scenes and words that had been cut out.

When I heard Matt's bedroom door open, I quickly changed the channel so he wouldn't see what I was watching. I was a little nervous. I didn't want him to ask about the movie and the rating. He walked by me and went into the kitchen. I flipped back to the movie. When I heard him walking back, I hurried and changed the channel again.

"What are you watching?" Matt asked.

"Nothing," I said, flipping through more channels.

Matt shrugged and went back to his room.

I flipped back to the movie and watched for a few more minutes. But I wasn't really focused on it anymore. *What am I doing?* I thought to myself. *If I don't even want Matt to know what I'm watching, and I feel uncomfortable, why am I watching it?*

Finally I decided to just turn off the TV. I sat there holding the remote, trying to think of something good to do to stop thinking about the movie. I didn't want to



"All of us can receive the strength to choose the right if we seek the Lord and place all our trust and faith in Him."

Elder Ulisses S. Soares of the Seventy

"Yes, We Can and Will Win!" *Ensign*, May 2015, 75.

start watching again just because I was bored.

I wandered up to my room and looked around. I hadn't written in my journal in awhile, and I had that drawing I'd been working on. I knew I'd feel better doing those things than watching the movie.

I turned on some good music and wrote about the experience in my journal. I had a warm, comfortable feeling. I'd been missing that feeling during the movie. Instead of that good, peaceful feeling—the Holy Ghost—I'd felt worried and kind of embarrassed.

I don't want to do things I feel worried and embarrassed about, I wrote in my journal. *I want to do things that the Holy Ghost can stick around for.*

When my parents came home a couple of hours later, I showed them my finished drawing.

"Glad to see that you spent your time well," Dad said.

I smiled. "Me too." ♦

The author lives in Texas, USA.

I heard some bad words on TV today.



But you turned the TV off right away—you chose the right!

Choosing INTEGRITY

Integrity means living your standards, no matter where you are, who you're with, or how hard it is. It's part of the covenant we make at baptism "to stand as witnesses of God at all times and in all things, and in all places" (Mosiah 18:9).

Are you living with integrity?

I am honest about how I spend my time.	True	False
I feel good about my choices, not guilty or embarrassed.	True	False
I use the same words at school that I use at home or church.	True	False
I treat people well no matter who's watching.	True	False
I don't hide what I'm watching, reading, or listening to.	True	False
I don't have to worry I'll be overheard saying something mean.	True	False

Circle true or false.

How did you do?

If you answered mostly true, you're doing well. If you need to make some changes, here are some ideas to get you started.

Make a plan. What will you do the next time you want to watch or do something you know you shouldn't? Put it down, turn it off, and walk away. Go work on a project or do something fun.

Talk to your parents or someone you trust. Often, feeling like you have to lie is the worst part. Being honest is a relief, and it's important to have someone on your side to help you do better.

Repent and do better next time. If you mess up, don't give up! Heavenly Father never gives up on us, and we shouldn't either. Keep praying for help and keep trying your best. Remember that Heavenly Father loves you, no matter what!

If you have questions about things you see, read, or hear, or if something makes you curious but uncomfortable, ask someone you trust about it. Don't go looking online for answers without a trusted adult helping you.

Hidden Picture

God wants us to take care of our bodies and eat healthy foods. This family is picking apples at an orchard together! Can you find the hidden objects? How many apples can you count?





FRIEND TO FRIEND

Sister Pettigrew's

*From an interview with
Elder Ronald A. Rasband
of the Seventy;
by Linda Davies*

Sister Afton Pettigrew was one of the best Primary teachers I ever had! In many ways, she changed my life. Even today I still remember one special lesson she taught about the Holy Ghost when I was about eight.

I was a pretty lively child. I didn't like having to sit reverently through a whole Primary lesson. On this day, she couldn't

get me to understand what or who the Holy Ghost was. To me, a ghost was a scary thing, and I thought the Holy Ghost was something to be afraid of.

Then Sister Pettigrew said, "Ronnie, I'd like to have you stand in front of the class and read a scripture for us. It's 1 Kings 19:11-12."

I didn't want to stand in front of all those Primary kids and read a scripture. But I took the Old Testament she handed to me and began to read what the Lord said to the prophet Elijah:

"Go forth, and stand upon the mount before the Lord. And, behold, the Lord



Lesson

passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake:

“And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice.”

I finished reading and looked up. Sister Pettigrew could tell I was a little confused about what I'd read, so she explained. "That means that when the Lord speaks to you, He won't speak in big, loud ways, like wind storms or earthquakes or fires. You'll hear Him speak very quietly, like a still, small voice in your heart."

Then she said, "By the way, Ronnie, you have a very pleasant voice. You read and speak very well."

I couldn't believe it! Not only did Sister Pettigrew teach me about the Holy Ghost, but she also helped me see one of my talents!

I was a changed boy after that. I learned that the Holy Ghost speaks to us through thoughts in our mind and peaceful feelings in our heart. I tried to remember to listen inside me for those thoughts and feelings. If I was doing something wrong, like not being reverent in Primary, I listened. Or if I had to make a decision about something, I listened. Sometimes the voice was very soft. I had to be

quiet on the inside and on the outside to recognize it. And if I didn't listen the first time or the second time, it became softer and softer until I couldn't feel it anymore.

Listening to that still, small voice also helped me find and improve the talents Heavenly Father blessed me with.

Today as a grownup, I still think of Sister Pettigrew and how she helped me. How grateful I am for her and for all our Primary teachers all over the world who teach children how to bring Heavenly Father into their lives and how to grow their talents.

When I became a General Authority for the Church, Sister Pettigrew came to shake my hand. What a joy it was to see her again. I hope she knew how blessed I was to shake her hand. ♦

Write a note to thank your teacher!



BIG HEARTS BUSY HANDS

By Carolyn Colton and
Honalee Seiter



What are your favorite activities to do with friends? When these activity day girls from Mesa, Arizona, USA, get to choose an activity, they like to plan fun and creative ways to serve. See how they've made friends and helped their neighbors!

SERVICE SCAVENGER HUNT

The girls divided into teams of three and went to elderly neighbors' houses. They did chores like sweeping patios, vacuuming rugs, and washing windows. While the girls worked, their neighbors shared interesting stories about their lives.



STONE SOUP DAY

The girls read the folk story "Stone Soup." Then they each brought an item to help make a meal. They cooked the meal together and took it to members of the ward who were having a hard time.

FUZZY SERVICE

The girls had fun tying cuddly baby blankets. They gave the blankets to children in homeless shelters and foster care.





GIVE US A HAND!

How do you follow Jesus by helping others? Trace your hand and send us your story and photo, along with your parent's permission. Find out how on page 48.

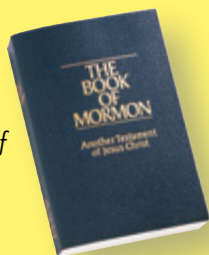


BEANS AND MORE BEANS

In one hour the girls bagged 1,400 bags of pinto beans for the bishops' storehouse to give to those who need food!

MAKE-A-DIFFERENCE DAY

The girls gathered a thousand pounds of food from their families, neighbors, and schools. When they took it to the food bank, they gave a copy of the Book of Mormon with their testimonies written inside to the food bank director.



HOW YOU CAN HELP

- Rake leaves or shovel snow for an elderly neighbor.
- Put together a care package for a missionary or member of the military.
- Donate your gently used stuffed animals to a local firehouse or police station to give to children in emergencies.



INCLUDING EVERYONE

Several girls who aren't members of the Church have joined in and become great friends! One of them loves what she's learned so much that she wants to be baptized. When they visited the Mesa Temple visitors' center, this friend said, "I'm going to go inside that temple someday."

LUNCH Bites

Make these quick recipes for a home or school lunch!

Be sure to get an adult's help.

Mix 1/4 cup old-fashioned oats with 1/4 cup plain yogurt and 1/4 cup milk. Add cinnamon, a bit of sugar, and fresh or dried fruit. Refrigerate overnight.

Thread slices of sausage and cheese with cherry tomatoes on a skewer. Lunch on a stick is always more fun!

Make a grilled cheese sandwich with bread, cheese, apple slices, and a slice of ham.

Mix leftover noodles with peanut butter, soy sauce, garlic powder, and a dash of hot sauce. Top with green onions and chopped peanuts.

Melt a tiny slice of butter in a pan and heat canned pineapple slices until slightly browned. Sprinkle with cinnamon.

Top cream cheese with grape jelly and use as a dip for pretzels. Or spread peanut butter and jelly on graham crackers.

BULLETIN BOARD

"THERE IS NO MORE PEACEFUL PLACE ON THIS EARTH THAN IN THE TEMPLES OF GOD."

—Elder Richard G. Scott
Of the Quorum of the Twelve Apostles
"Make the Exercise of Faith Your First Priority," *Ensign*, Nov. 2014, 94.

Lunchbag



Mix honey mustard with low-fat whipped cream cheese for a yummy dip for cherry tomatoes, baby carrots, or pieces of cauliflower or broccoli.

Give Us a Hand!

So far you've sent us **11,879** hands!

Go to page 48 to find out how to send us your handprint.



Dianna H., age 8, Florida, USA

I helped someone to move to a new home!

Positive + Power

Being positive is a great way to make friends and help others. Try this experiment with an adult's help.

1. Fill a **bowl** with water. The water is like your mind when you wake up—clear and fresh.
2. Sprinkle **pepper** onto the water. When you hear mean words or feel angry, the pepper is like those negative thoughts floating around in your mind.
3. Squeeze a drop of **dish soap** into the bowl. The soap is like positive thoughts and words—they can push away bad influences instantly!

STAND TALL!

What things do you read and watch?

I will only read and watch things that are pleasing to Heavenly Father.

—My Gospel Standards



SPECIAL WITNESS

How can I stay safe and happy in life?

By Elder M. Russell Ballard

Of the Quorum of the Twelve Apostles

The members of the Quorum of the Twelve Apostles are special witnesses of Jesus Christ.

Traveling through life can be like floating through river rapids. To stay safe on the rapids, follow these three rules:

1.

STAY IN THE BOAT.

Staying in the boat is like staying faithful to the gospel of Jesus Christ.

2.

WEAR A LIFE JACKET.

The scriptures and the words of the living prophets are like a spiritual life jacket.

3.

HOLD ON WITH BOTH HANDS.

When we follow the scriptures and prophets, we will be safe and happy.

Adapted from "Stay in the Boat and Hold On!" Ensign, Nov. 2014, 89–92.

Guided through the Fog



Before Elder M. Russell Ballard was an Apostle, he had an unusual experience on an airplane. He was flying to Salt Lake City on a very foggy day. The small plane held only four people. When they got close to the airport, the pilot radioed the control tower.

"We're about to close the runway because the fog is so thick," the air traffic controller told the pilot. "But I can talk you through the landing."

The pilot asked Brother Ballard and the other passengers, "What do you want to do? The controller can guide us down. Or we can turn back and wait for the weather to clear in a day or two." They decided to try to land in Salt Lake.

The controller could see the plane on his radar. He told the pilot when to lower the plane and when to turn. The pilot watched the plane's controls carefully. He followed the controller's directions exactly.

Finally the man in the front seat shouted, "I see the runway!"

They looked out the window. The runway was directly ahead. The nose of the plane was right on the centerline!

They were so grateful that the controller guided them safely to the ground.

Brother Ballard thought about how this flight was like our lives. We can't see or understand everything, so Heavenly Father has given us ways to get help. The prophet is like an air traffic controller. He gives us directions to return safely to Heavenly Father. We also have the Holy Ghost, the scriptures, and leaders and parents to guide us safely home. ♦

Adapted from "Friend to Friend," Friend, Aug 1977, 6.



5 FACTS ABOUT ELDER BALLARD

Born in Salt Lake City on October 8, 1928

The *M* in his name stands for Melvin

Met his wife, Barbara, at a dance

Served in the United States Army Reserve

Became an Apostle in October 1985



To Cheat or Not to Cheat?

By Jon Clark

(Based on a true story)

"Till I die I will not remove mine integrity from me"
(Job 27:5).

Remember to keep your eyes on your own paper," Ms. Mori said.

Nathan stared at his test. Out of the corner of his eye, he saw his friend Jason flip open his math test and start writing. Nathan sighed.

"Something wrong?" Ms. Mori asked.

"No, ma'am," Nathan said quietly. But that wasn't totally true. Unlike Jason, Nathan couldn't stand math. He didn't hate *all* schoolwork—someday he wanted to paint like Da Vinci or write like Shakespeare. In those subjects, there was usually more than one right answer to a question. But in math, there was only one correct answer. Just one! And Nathan never seemed to get it.

"Psst!" Jason whispered. He flicked a crumpled paper under Nathan's chair. At first Nathan thought Jason was teasing him. But then Jason grinned and tapped his test, and Nathan knew what was on the paper—the answers!

He looked up. Ms. Mori's back was turned. Now was the perfect time to grab the paper! This could be one math test he didn't fail.

Nathan stretched to snatch the paper off the floor . . .

To cheat or not to cheat—that is the question, Nathan thought, borrowing a line from Shakespeare. As soon as he asked the question, he knew the answer. Nathan kicked the answers back under Jason's desk. He had already decided to never cheat, no matter how tempting it was.

At the end of class, Nathan still didn't like math. But he was glad he chose the right, even though he probably didn't do well on the test. Maybe Jason could help him study for the next one.

Just like math, Nathan thought, *when it comes to choosing whether to cheat, there's only one right answer*. He was glad he'd passed. ♦

The author lives in Tennessee, USA.

WHEN I GROW UP . . .

I Want to Be an Artist

From an interview by Linda Davies

How did you become an artist?

Besides lots of practice drawing and painting, I earned a college degree in art history. I also took business classes so I could sell my artwork and use technology in my business.

What do you love about being an artist?

I love painting people's facial expressions, gestures, and emotions. I also love colors and light and being able to create with my hands. When I paint, I feel like I'm solving a problem or creating an idea that didn't exist before.

Where do you work?

I paint at home so I can be with my children, and I sell my paintings in art galleries and exhibits, on my website, and in bookstores. I also teach classes and workshops.

How does art help you share your testimony?

I “paint” my testimony by drawing people from the scriptures. I feel the Holy Ghost as I study the scriptures and paint, and when I follow the promptings of the Holy Ghost, Heavenly Father can use my work to bless others.

I also get to help young artists develop their talents, just like other artists helped me. Heavenly Father gives each of us talents and gifts to develop. When we share our testimonies through our talents, we can bless others. ♦

Watch a video about Rose at friend.lds.org!



My name is Rose Dato Dall, and I'm an artist.



15 Ways to Strengthen Your Family

There are lots of ways you can help make your family stronger!

Here are a few ideas to get you started. Can you think of more? Use the words below to fill in the blanks.

1. Do something nice for a sibling, like doing their _____ in secret.
2. _____ and say, "I love you."
3. Always be happy to join in family _____.
4. Pray for each _____ member in your personal prayers.
5. Start a new family _____.
6. Say something nice to everybody in your family once a _____.
7. Collect family history _____.
8. Get ready for _____ before it's time to go.
9. Share your _____ and look for talents in others.
10. Give _____!
11. Help gather your family for _____ study.
12. Volunteer to help with family _____ evening.
13. Memorize favorite Church _____ to sing with your family.
14. Leave _____ or nice notes where your family can find them.
15. Share your favorite _____, but most of all, share time together!



day
smile
chores
scripture
toys
stories
church
talents
home
prayer
hugs
tradition
treats
songs
family

Family Riddle

What makes any family stronger? Circle the word "family" every time you see it (up, down, sideways, or diagonal). Cross out any Zs, Qs, and Ws. Then unscramble the leftover letters. Check your answer on page 48.

Q	Z	L	F	W	Q	Z
Y	Q	W	A	Z	Y	W
L	Z	Z	M	L	Q	E
I	Y	L	I	M	A	F
M	O	M	L	Z	Q	W
A	A	Q	Y	V	Z	W
F	A	M	I	L	Y	Q



Family History Mystery

Case #9: The Mystery of the Recipe

Dear Detective,

Some families pass down recipes the same way they pass down heirlooms. If your family has a special family recipe, write it down and write whose recipe it was. Are there any stories about the recipe? Record them in your evidence file.

SMART SLEUTH TIP

Why not make the recipe to get a better taste for the evidence?

Family History Mystery:
EVIDENCE FILE

MYSTERY SOLVED

Find recipes from the Friend and print more tags for your "sleuth kit" at friend.lds.org.

22

and
laure

2 9x5x3-inch loaf
electric mixer at
until smooth. At low

BREAD BY HEIMERA/THINKSTOCK, WHISK BY ISTOCK/THINKSTOCK, PIZZA © DOLLAR PHOTO CLUB

FAMILY

TR

By Teresa Weaver

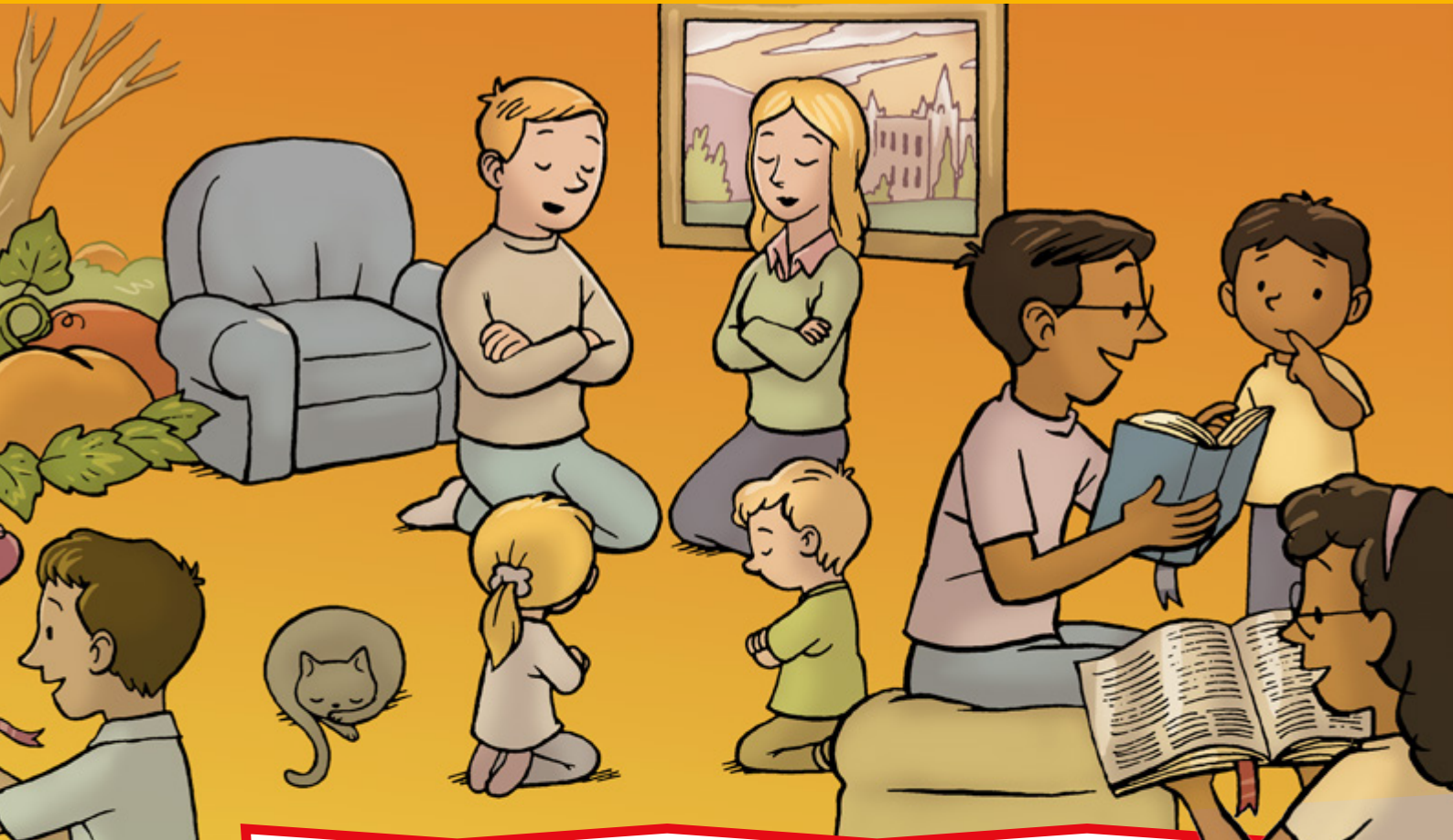


My family has traditions I look forward to each year—
A late-night party New Year's Eve and valentines that cheer,
Summer swimming, fireworks, an autumn pumpkin patch,
Christmas visits to the lonely, goodies made from scratch.

My family has traditions I look forward to each week.
Family night's my favorite, especially the treat!
And Sunday when we go to church, we learn of Jesus Christ
And how we'll live with Him again through His great sacrifice.



TRADITIONS



My family has traditions I look forward to each day.
A peaceful feeling fills my heart each time we kneel to pray.
And though I do not always understand the words we read,
I know that faithful scripture study helps me to succeed.

My family has traditions—I look forward to each one.
They bless us all, they strengthen ties, and make our family fun!
One day I'll have a family too. It won't be very long.
Creating good traditions will help keep us safe and strong.





The **Leavitt Ward Primary** from the **Cardston Alberta West Stake, Canada**, recently celebrated the 50th anniversary of their chapel. The children are also learning about their ancestors. Some of their ancestors were the founders of Leavitt, Alberta, and others are modern-day pioneers.

In the **Parkwood Ward Primary, Texas, USA**, each child learned about an ancestor. **Aliya P., age 5**, learned that she has the same middle name as her great-grandmother and that they both loved playing with dolls and reading. As Aliya Mae told about Ruth Mae, she felt her great-grandmother's love, and Aliya Mae loved her back.

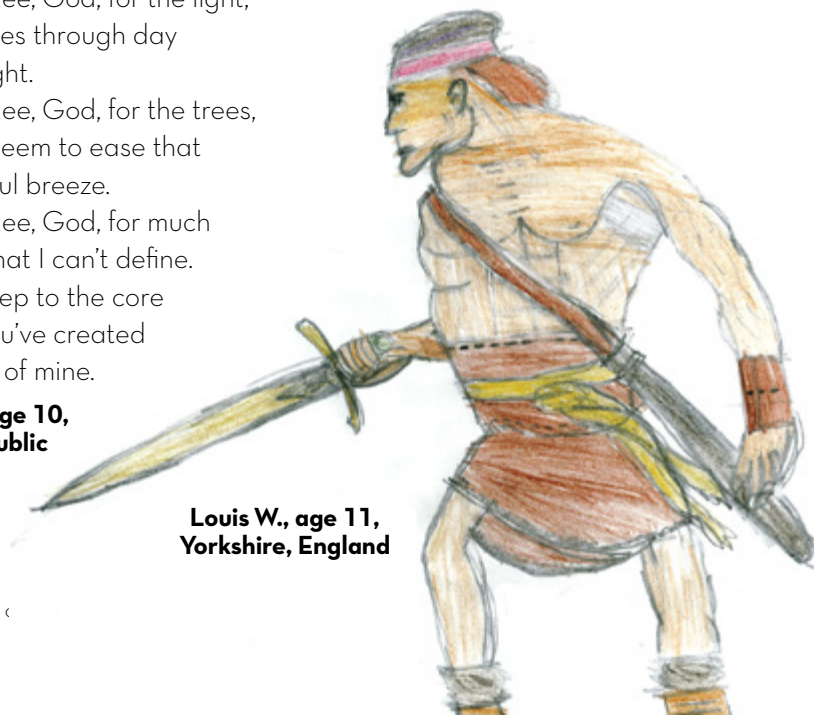


I Thank Thee, God

I thank Thee, God, for the light,
For it shines through day
and night.
I thank Thee, God, for the trees,
For they seem to ease that
powerful breeze.
I thank Thee, God, for much
more that I can't define.
I know deep to the core
that You've created
this life of mine.

**Nisha J., age 10,
Airai, Republic
of Palau**

**Louis W., age 11,
Yorkshire, England**



My grandma is a great example to me about doing family history. I enjoy going to the family

history center with her to learn more about my family and how their lives impact my life now. I am so glad I can find out who my ancestors are.

Brayden P., age 11, California, USA



My bishop challenged our ward to index 100,000 names, but our ward did 150,000 names!

I indexed 2,518 names! I have loved this experience and look forward to attending the temple when I am 12 to participate in temple baptisms.

Chloe A., age 10, Arizona, USA



The Medford Oregon Temple is special to me because I was sealed to my parents after

being in foster care and then being adopted by them. I was also able to attend the temple when my little brother was sealed to our parents. I want to go back to the temple again and again and again!

Thomas M., age 8, Oregon, USA





Nicole B., age 10, Portugal

HELPING HANDS

11,879
hands and counting!

The Primary in the **Dapto Ward, MacArthur Stake, New South Wales, Australia**, had the children and their families each make a four-generation family tree!



Our family wanted to do 100 “helping hands” before a friend came home from a mission. We did 103! Even after we reached our goal, we still say, “I did a service hand!” We’re excited to keep serving.

Chad, Isaac, Scott, and Rosel E., ages 8, 5, 3, and 1, California, USA



Max D., age 6, North Carolina, USA



I’m good to my mom.

Joshua B., age 6, Minnesota, USA



I gave a pair of rollerblades to my friend so she could learn how to use them.

Patrick C., age 7, Seoul, South Korea



I help my sister by reading her books!

Jillian M., age 4, Maryland, USA



I give my brother love when he is sad.

Elle D., age 7, Sicily, Italy



I helped my sister with her homework.

Dallen C., age 10, British Columbia, Canada



I helped make cookies to bring to a neighbor.

Arielle C., age 6, British Columbia, Canada



I gave my mom my favorite necklace when her favorite necklace broke.

Abbie C., age 3, Illinois, USA



My dad told me he wanted to be a legend. I wrote a story about him so he could be one. It made us both happy.

Benjamin F., age 6, Idaho, USA



I helped a friend rebuild a sandcastle.

Lia H., age 6, Florida USA

TELL US HOW YOU’VE SERVED!

See page 48 to send us your “helping hand.”

Yup! I sent one for me and one for Stretch!

"I have a surprise for you," Dad said with a smile.



Lindsay's Family Puzzle

By Jill Hacking

Church Magazines
(Based on a true story)

"And we as the children can seek out our loved ones, preserving their names and their memory" (Children's Songbook, 90).

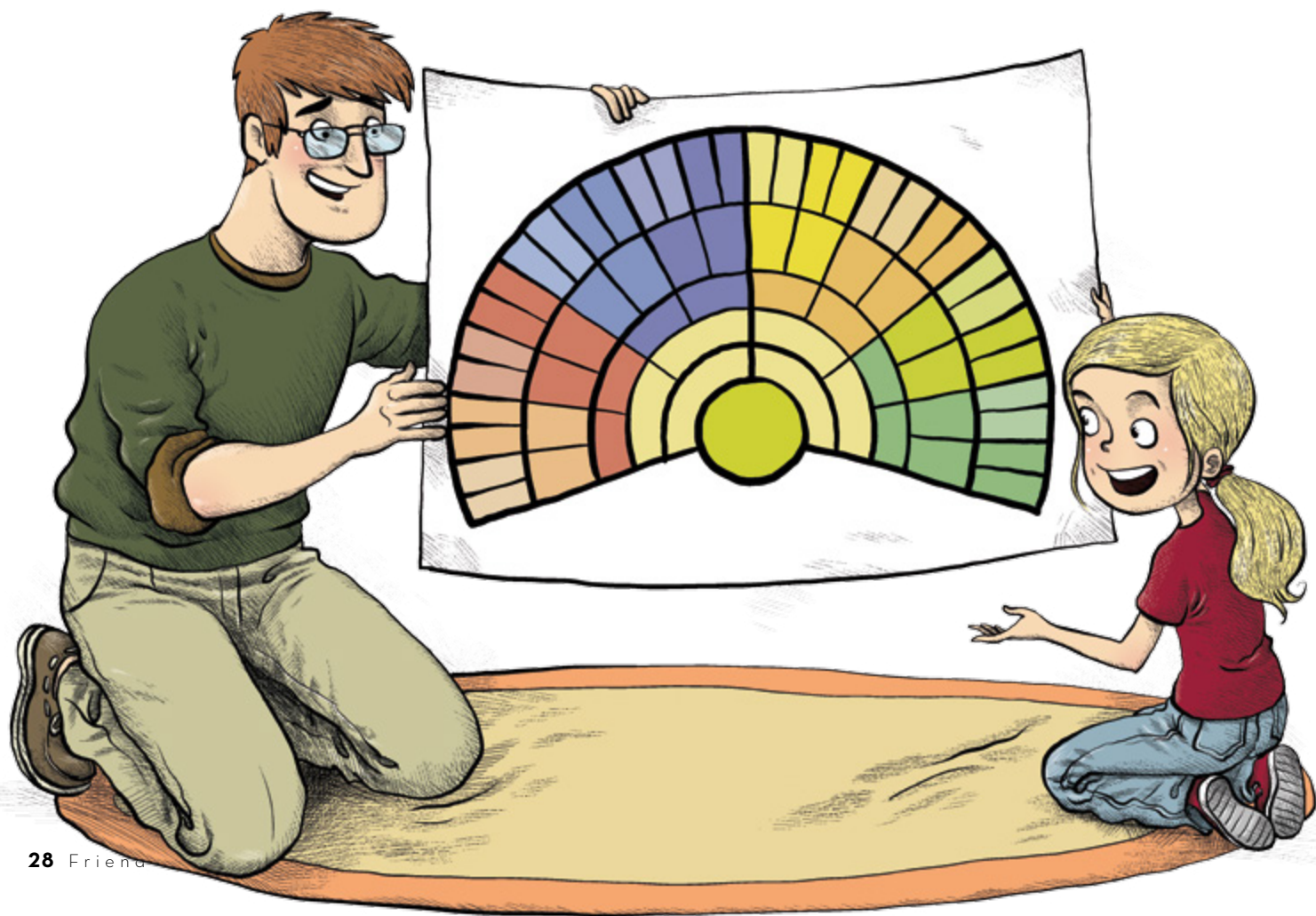
Lindsay raced downstairs when she heard Dad call her name.

Lately they had been doing a lot of family history

work together. Dad would help her log on to the FamilySearch website, and together they'd look for family pictures and stories. Just the other day she'd found a really old document about Grandpa on his mission!

Lindsay reached the bottom of the stairs where Dad was waiting. "Are we doing family history tonight?" she asked.

"Yup, and I have a surprise for you," Dad said with a smile. He handed her a long, rolled-up paper he'd held





behind his back. Lindsay carefully unrolled it. She stared at the large fan shape on the page. There was her name at the bottom! Lots and lots of other names spread out in neat rows around hers.

"That's you and Mom," Lindsay said, pointing to the names closest to hers. "And there's Grandma and Grandpa!"

"That's right," Dad said. "This fan chart shows the names of your ancestors for *nine* generations."

There were so many names. But some of the spots were empty. Lindsay wondered about the missing names. "It looks like the puzzles I used to do with Grandpa," she said. Grandpa had died a few years ago, and Lindsay really missed him.

Dad nodded. "It *is* like a puzzle. A very important puzzle. And every family member is like a puzzle piece."

Lindsay almost laughed when she imagined Grandma shaped like a puzzle piece.

"When we find a person's name and do their temple work, we link them to the rest of the family—like joining puzzle pieces together. *You're* helping build this puzzle."

"Wow." Lindsay brushed her fingers over the names. She knew family history was important, but now she was even more excited to help. *All* of her family could be linked together forever!

Lindsay taped her new chart to the ceiling right above her bunk bed. She loved to stare at the chart and study all the names. She imagined everyone holding each other's hands, linked together like puzzle pieces.

She felt happy. This was the biggest puzzle she had ever seen!

One night Lindsay couldn't sleep. Her bedroom was really dark. The tiny night-light made scary-looking shadows on the walls. She pulled her blanket up over her head and squeezed her eyes shut.

After a little while she peeked out above the blanket and saw the chart. She read her name. Then she read Mom and Dad's names. When she got to Grandpa's name, she felt warm and peaceful.

She remembered how Grandpa smiled at her when they did puzzles together. *When I help Dad do family history, I'm linking our family together!* she thought. She imagined Grandpa smiling even bigger about that. She didn't feel scared at all anymore. She smiled and snuggled into her blanket and fell asleep dreaming of people and puzzles and connecting her family together. ♦

LINDSAY'S LIST

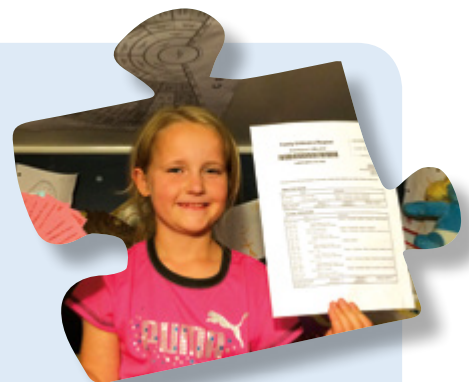
Here are some family history projects Lindsay works on. Which can you do?

Make my own family tree on FamilySearch.org.

Search for stories and pictures of my family.

Solve family history mysteries! Once when a record was missing, Dad and I went to a family history library. We searched in the files and found a copy. Plus we found names of more family members too!

Find names for temple work. I'm super excited to go to the temple and do baptisms when I turn 12.



**Lindsay N., age 10,
Utah, USA**

Truth from Elijah

(Simplified)

Words and music by
Vanja Y. Watkins

Gently ♩ = 80-88

Em B G A⁷

1

The hearts of the chil - dren have turned to their fa - thers, Have

1

Am B⁷ Em B

1 2

turned, — have turned, have turned, Be - cause of the truth they have

1 3 2 1

G A⁷ Am B⁷ Em

4

learned from E - li - jah, Have learned, — Have learned, have learned. And

1 1 4 3 2

Am D⁷ G Em B⁷

1

we as the chil - dren can seek out our loved ones, Pre - serv - ing their names and their

1 3 2 4 3 5

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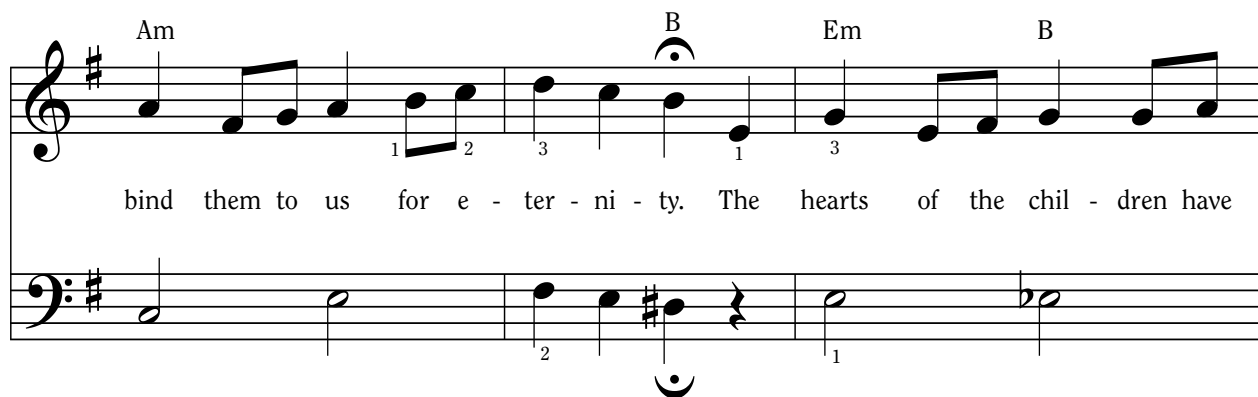
This notice must be included on each copy made.



Em Am D⁷ G Em

mem - o - ry. We can strive to be wor - thy to kneel in the tem - ple And

4 1 1

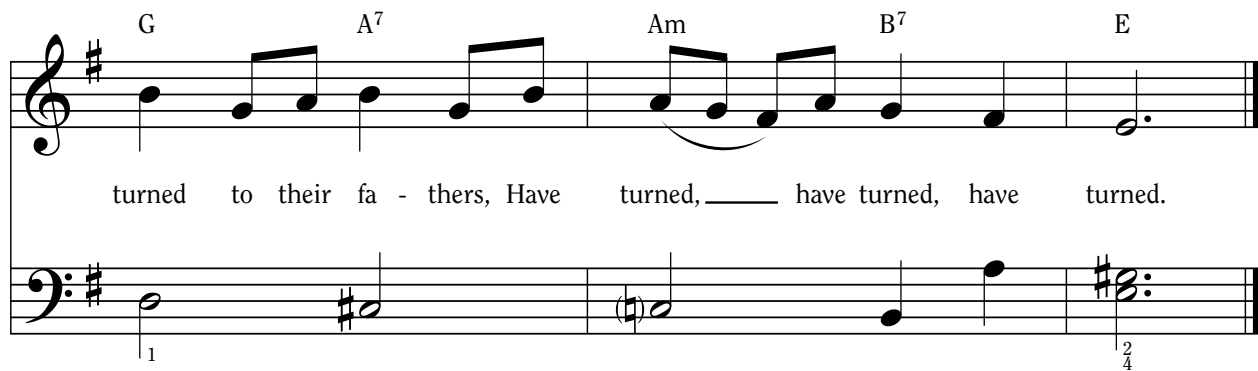


Am B Em B

bind them to us for e - ter - ni - ty. The hearts of the chil - dren have

1 2 3 1 3

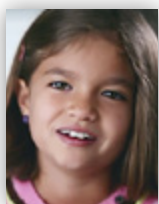
2 1



G A⁷ Am B⁷ E

turned to their fa - thers, Have turned, — have turned, have turned.

1 2 4



Hannah H., age 9, New Mexico, USA, is learning what it means to turn the hearts of the children to their fathers and mothers! She likes learning the history of her family through stories and pictures. Her family comes from lots of countries, like the United States, Mexico, Japan, and Scotland. She and her family are looking forward to being sealed in the temple so they can be together with their family forever.

Watch a video about Hannah at friend.lds.org! And watch a music video for this song at children.lds.org. Click on "Music and Videos."

A New Feeling

By Francislaine Urquidi Farfan Vasser
(Based on a true story)



"The Spirit whispers this to me and tells me it is true"
(Children's Songbook, 5).

Gabriel loved learning about Jesus. He loved hearing stories from the scriptures. His family read the scriptures together every night.

One rainy night they snuggled together in

their home. Papa said a prayer. Then Mama read stories from the Book of Mormon. Gabriel tried to listen very carefully. Mama read about Jesus talking to children.

"Mama, the children were with Jesus?" Gabriel asked.



“That special feeling is the Holy Ghost,” Papa told him. “He gives you a warm feeling to help you know that the scriptures are true.”

“That’s right,” she said. “And He blessed each of them and prayed for them.”

Gabriel felt a new feeling inside. He did not know what it was. He felt warm even though it was chilly outside. He smiled big.

Gabriel wanted to share this special feeling. “I feel so happy and warm!” he said.



Mama smiled and hugged Gabriel.

“That feeling tells you that Jesus loves you.”

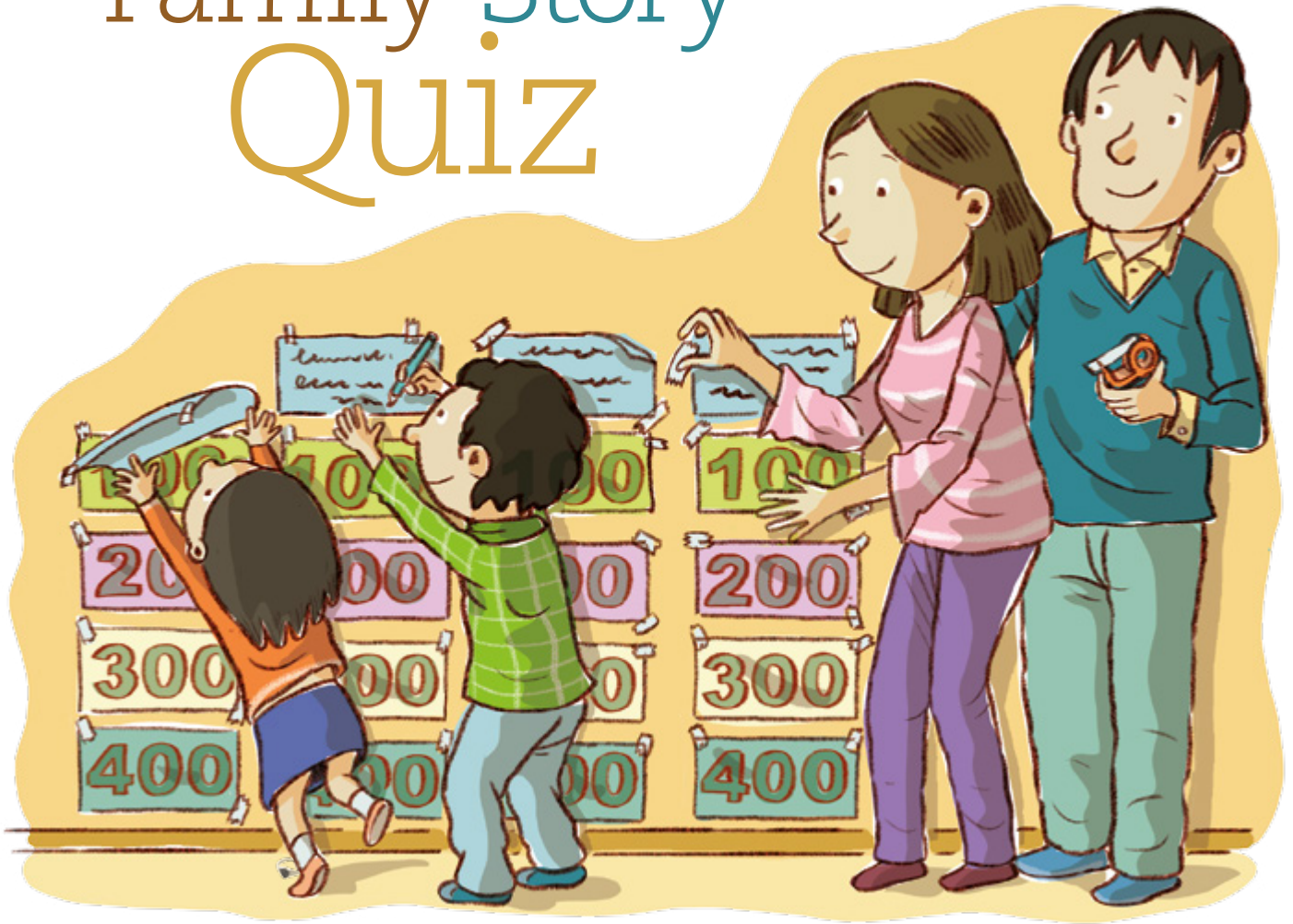
“Jesus blesses me,” Gabriel said. “Just like the children in the Book of Mormon! He sent the Holy Ghost to me!”

He couldn’t stop smiling. “I know the scriptures are true,” he said. “The Holy Ghost told me!” ♦



The author lives in São Paulo, Brazil.

Family-Story Quiz



By Carolyn Colton

Here's a game to help you learn more about your family and their stories!

Preparation

1. Think of four types of stories, like *Funny*, *Childhood*, *Spiritual*, or *Vacations*. Write each category on a piece of paper and tape it on a wall.
2. Find four family stories for each category. Ask your family for help.
3. Think of short clues for each story and write them on pieces of paper.
4. Write 100, 200, 300, or 400 points on the other side of the paper. Tape the clues under the categories.

How to Play

1. Divide players into two teams. Whoever wrote the clues is the leader.
2. The first team picks a category and number, like "Funny, for 200."
3. The leader takes off the number and reads the clue. If the team can tell the story that matches the clue, they get the points!
4. If they don't know the story, the leader tells the story but leaves out a detail, like where it happened or who it's about. If the team can guess the missing detail, they get half the points.
5. The next team picks a clue and plays. After all the clues are picked, the team with the most points wins!



"I have a fam'ly tree with branches by the dozens"
(Children's Songbook, 199).

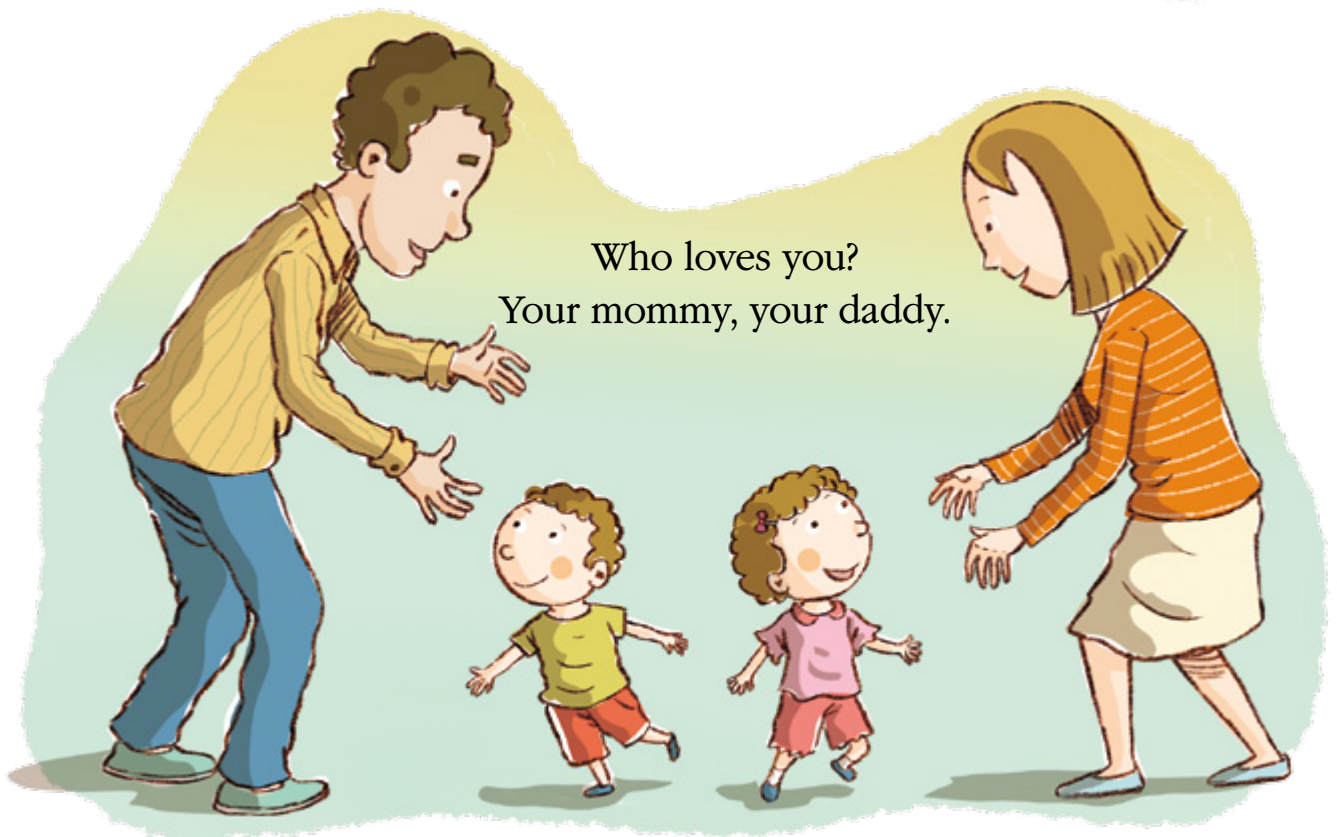
Who LOVES You?

By Jan Pinborough
Church Magazines

Heavenly Father sent you
to be a very special part
of your family.

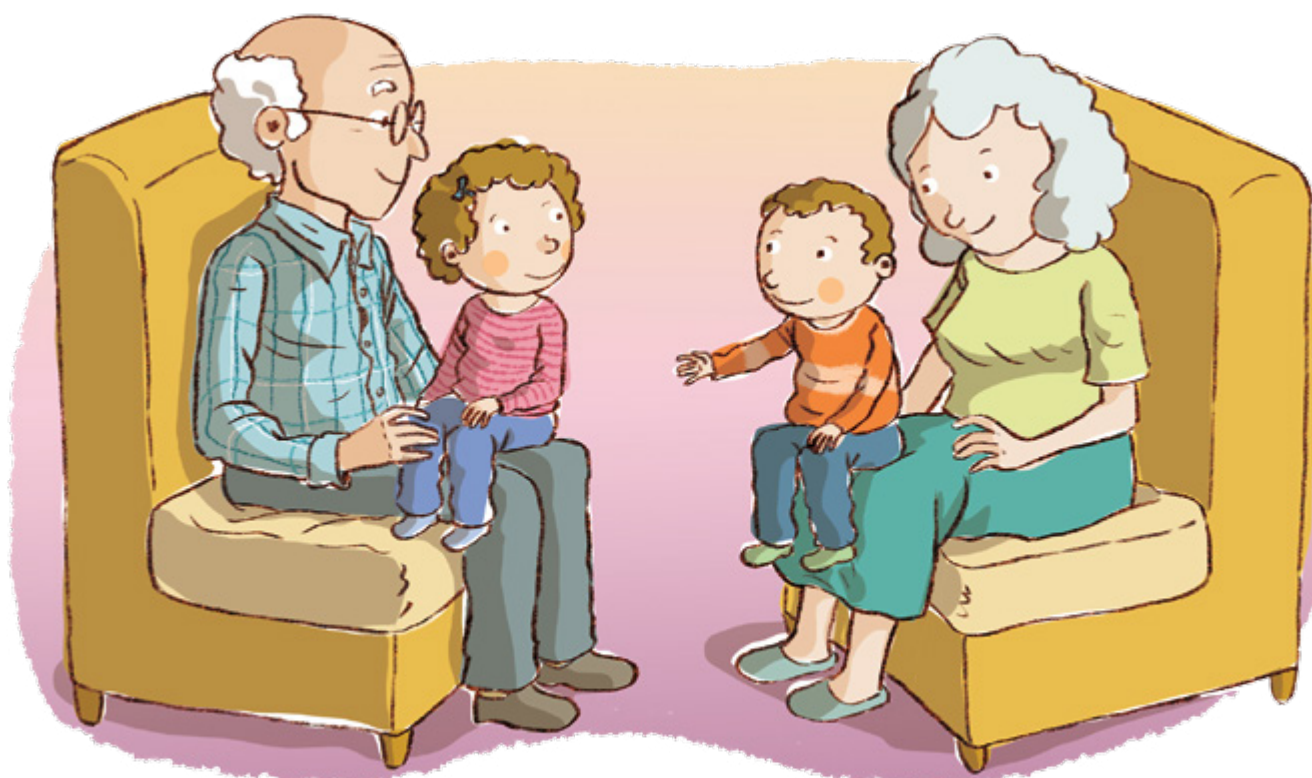


Who loves you?
Your mommy, your daddy.





Your brother, your sister.



Your grandma, your grandpa,
Your aunts and uncles and cousins.



Your whole family loves you.
And Heavenly Father loves you most of all!



Secret HELPERS





The  peeked in at the .  and  jumped out of .



“Let’s be secret helpers today,”  said.  and  made their


 . They put on their  and put their  away.

 got  out of the . He took  and  out of the .

 put a loaf of  and a jar of  on the .

 and  came into the kitchen. “Surprise!” said  and .

“Breakfast is ready!” “It looks delicious!”  said.  gave Anna

and Josh a big .



The Sacrament Helps us Remember Jesus

By Erin Sanderson

On the night before Jesus was crucified, He asked two of His disciples to prepare an evening meal. Then He invited His Apostles to come. At that meal, called the Last Supper, Jesus gave His disciples a special way to always remember Him. We can read about it in the New Testament:

“And [Jesus] took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me.

“Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you” (Luke 22:19–20).

When we eat and drink the sacrament, we are doing the same thing the Apostles did at the Last Supper. The bread reminds us of Jesus’s body and how He suffered for us physically. The water reminds us of His blood that was shed for us.

The sacrament prayers also remind us of the promises we make when we are baptized—to always remember and follow Jesus Christ. When you listen to the sacrament prayers, think about what you did that week to remember Jesus. How can you remember Him in the coming week? ♦

The author lives in Utah, USA.



LEARN MORE

At the Last Supper, Jesus taught His Apostles some important things:

- He washed their feet to teach them about loving and serving others.
- He said, “Love one another; as I have loved you” (John 13:34).
- He prayed that they would teach others the gospel.
- He sang a hymn with them.
- He promised that the Holy Ghost could be with them (see John 14:26–27).

A BOOKMARK REMINDER

Cut out this bookmark, fold it in half, and glue it together. (Print more copies at friend.lds.org.) Keep it in your scriptures so you can look at it during the sacrament. You could use it to mark the sacrament prayers in Doctrine and Covenants 20:77, 79.



FAMILY TALK

Read some of the sacrament hymns in the hymnbook. How does singing the sacrament hymn prepare us to take the sacrament? As a family, make a goal to really think about the words of the sacrament hymns when you sing them in church.

Song: “To Think about Jesus”
(*Children’s Songbook*, 71)

Scripture: Luke 22:19

Video: Go to **Biblevideos.org** to watch “The Last Supper.”



SCRIPTURE TIP

Most of the hymns have scripture references listed below the song. Many songs in the *Children’s Songbook* have scriptures too. Read the scriptures that go along with the songs to help the words in the songs mean more.



What are some of the miracles that Jesus Christ did?

How did Jesus treat others?

Is there someone I need to forgive?

Is there something I need to repent of?

What can I do to remember Jesus this week?

How can I follow Him?



MATT AND MANDY

Another Cooper family tradition:
At least once a week everyone tries to
do something nice for another family
member as a surprise.



Article of Faith 10



“We believe in the literal gathering of Israel and in the restoration of the Ten **Tribes**; that **Zion** (the **New Jerusalem**) will be built on the American continent; that Christ will reign personally upon the earth; and, that the earth will be renewed and receive its **paradisiacal** glory.”

.....

In the Old Testament, the prophet Jacob (or Israel) had 12 sons. Their families, or **tribes**, were scattered across the earth. Heavenly Father wants all of them to come back together and learn the gospel.

Zion is a name for those who love God and for the place where they live. The **New Jerusalem** is the city that faithful people will build before Jesus returns to earth. When Jesus returns, He will be our King. The earth will be beautiful and clean again, like a paradise (or **paradisiacal**).



Articles of Faith in Action

.....



I have a friend who does not go to church. She moved, and we are pen pals. Before she moved, she gave me a note that said she wanted to go to church with me! When we came out of the Church building, she was smiling! I encouraged her to memorize the Articles of Faith. She is a really good friend.

Samantha H., age 9, Utah, USA

Memorization Tip

.....

Article of Faith **10** talks about **10** of the tribes of Israel.

This Month's CHALLENGES

.....



Memorize Article of Faith 10.



Invite a friend to a Primary program or activity.



Invite a friend to help in a Church service project.



I challenge myself to ...



By Jessica Larsen

(Based on a true story)

“Have compassion, making a difference” (Jude 1:22).

You can do this, you can do this, Sydney thought as she walked into the stake Primary activity. She saw the girls from her ward and thought about what Mom had said in the car. Maybe things *would* be easier once she got to know them better.

She took a deep breath and smiled. “Hi, guys!” One of the girls shot her *that* look—the look that screamed *you don’t belong here*.

Sydney’s smile wavered. Then she noticed what Libby, the leader of the group, was wearing. “Hey, we have the same hat!” Sydney exclaimed.

“It’s not a hat. It’s a *beanie*,” Libby said slowly, like Sydney wasn’t smart enough to understand. The girls giggled. “Or don’t you know that word? You were held back a grade, right?”

Sydney turned and walked away, trying not to cry.

Why were they always so mean to her? Ever since Sydney had moved here a few months ago, Libby and the other girls had made church and school miserable. They’d been especially horrible since finding out that Sydney had been so sick last year that she’d had to repeat a grade.

She glanced at the clock. Maybe she could call her mom and just go home.

“Want to sit in our row?” Sydney looked up to see a tall girl from another ward grinning and patting the chair beside her. Her nametag said *Lauren*.

“Sure.” Sydney sat down and kept her eyes glued to the ground. That was how she noticed the socks.

Cool socks. Crazy socks. Socks decorated with purple polka dots, pink stars, lime zigzags, blue smiley faces,



and everything in between. Every girl in the row was wearing them.

Lauren noticed Sydney's gaze and stuck out her foot. "Like them? They're our mascot!"

"Mascot?" Sydney asked.

"Yup! We're Sisters of Courage, Kindness, and Service—S.O.C.K.S.," Lauren explained. "We made these at an activity and wear them to remind us who we should be."

Being one of the S.O.C.K.S. sounded pretty amazing to Sydney. "Can I be one too?" she whispered.

"Of course! Anyone can join the S.O.C.K.S. That's the best part!"

Sydney smiled and settled back in her chair as the stake Primary president started speaking.

From that day on, Sydney was a S.O.C.K.S., whether she was by herself or with the other S.O.C.K.S. girls. She made a

pair of her own crazy socks, and they reminded her to be a Sister of Courage, Kindness, and Service, no matter what.

A few weeks later, she was put to the test. She and Libby were standing outside, waiting for rides home after a Primary activity, when Libby's cell phone buzzed.

"Dad! I can't wait to see you this weekend!" Pause. "Oh." Longer pause. "Are you sure you can't come?" Long pause. "OK. Bye." Libby's voice quavered.

Sydney knew that Libby's parents had split up, but she never thought about how hard that must be. Libby, so cool and popular, had hard times too.

"So I guess now you're going to tell everyone that my dad doesn't want to see me, huh?" Libby scowled down at the sidewalk.

This is a perfect chance to get back at her! Sydney thought. *What should I say?*

Sydney glanced down at her socks and knew the answer.

"Of course not. I'm sorry you can't see him this weekend."

Libby looked up, surprised, just as both of their moms pulled up.

"I'll see you at school," Sydney said.

"OK. See you then."

That night Sydney put her crazy socks away extra carefully. Today she had proved that she was a true S.O.C.K.S.—a sister of courage, kindness, and service—no matter what. ♦

The author lives in Arizona, USA.

JOIN THE S.O.C.K.S.

You can join no matter who you are! If you're a boy, you can be a *Seeker* of Courage, Kindness, and Service. Use fabric markers, buttons, or ribbons to decorate your own pair of crazy socks to remind you to always be kind and caring. Send us a picture of your socks!



By Kyle H., age 9,
California, USA

Last year in school, there was a new kid named Ricky. He had moved into our neighborhood and was starting school in America for the first time. Our teacher asked me and two other kids if we would help him learn English.

Every day the four of us would sit down and review words on flashcards and talk with him. At recess I invited Ricky to play with me and my friends. He liked playing kickball. After a while I asked Ricky if he wanted to play soccer too, and he said yes. So he started playing soccer with me and all my friends at recess.

We became good friends, and he came to my house after school a few times. Ricky is really good at math. He helped me with my math assignments. I have gotten better at math because of our friendship. Now after a year and a

half, he speaks English very well. He's able to help his mom communicate with others when she does her errands.

This year Ricky isn't in my class, but we play together at recess every day. I really like being friends with Ricky. I learned that by helping others, I am serving Heavenly Father and am also blessed by serving others. Ricky has helped me in ways I didn't know he could when I was asked to help him learn English.

I know that we need to be willing to do all we can to help our family members and friends. When we do this, we're helping Heavenly Father and we will have good experiences. We are Heavenly Father's hands on earth, and when we're willing to help, we'll be able to help those that Heavenly Father needs us to help. ♦

Conference Quote Cards

Here are some of our favorite quotes from last general conference.
Listen next month to find your own favorite conference quotes!



**“Every one of
us can
strengthen
our faith in
Jesus Christ.”**

Sister Rosemary M. Wixom
“Returning to Faith,” *Ensign*, May 2015, 93.



**“God the Father
lives, loves us,
and hears our
every prayer.”**

President Henry B. Eyring
“Priesthood and Personal Prayer,” *Ensign*, May 2015, 87.



**“Be a good example
of what you believe.”**

Elder Robert D. Hales
“Preserving Agency, Protecting Religious Freedom,” *Ensign*, May 2015, 113.



**“God cares
that we keep
on trying.”**

Elder Dale G. Renlund
“Latter-day Saints Keep on Trying,” *Ensign*, May 2015, 56.

P.S.

We hope you enjoyed this month's magazine. Please write to tell us what you liked!

Through Your Eyes



I am thankful to our Heavenly Father because He made the flowers blooming on our temple grounds. And through this beautiful creation, our temple is more beautiful!

Lovely F., age 7, Bulacan, Philippines

The Last Laugh



Funstuff Answers

Page 3: **Across:** 1, bishop; 3, meals; 5, cyclone; 6, Sunday;
Down: 2, offering; 4, island;
"Here I am"
Page 22: love

Hidden CTR Ring

Did you find the rings?
Look on pages 14 and 21!
The August Level 3 ring was on page 8.



How to Write to the Friend

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

1. Fill out the form below and include it with your submission.

2. Include a school photo or high-quality snapshot.

3. We might edit your submission for length or clarity, and we can't return it to you.

4. You must be at least three years old to send us a submission.



Please send your submission to:

Friend Magazine
50 E. North Temple St., Rm. 2432
Salt Lake City, UT 84150-0024
Or email: friend@ldschurch.org

The following information and permission must be included:

First and last name

Age Boy/Girl

State/Province, Country

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

Signature of parent or legal guardian

Email of parent or legal guardian

VISIT
friend.lds.org!

- Play games and watch videos.
- Read the Friend online.

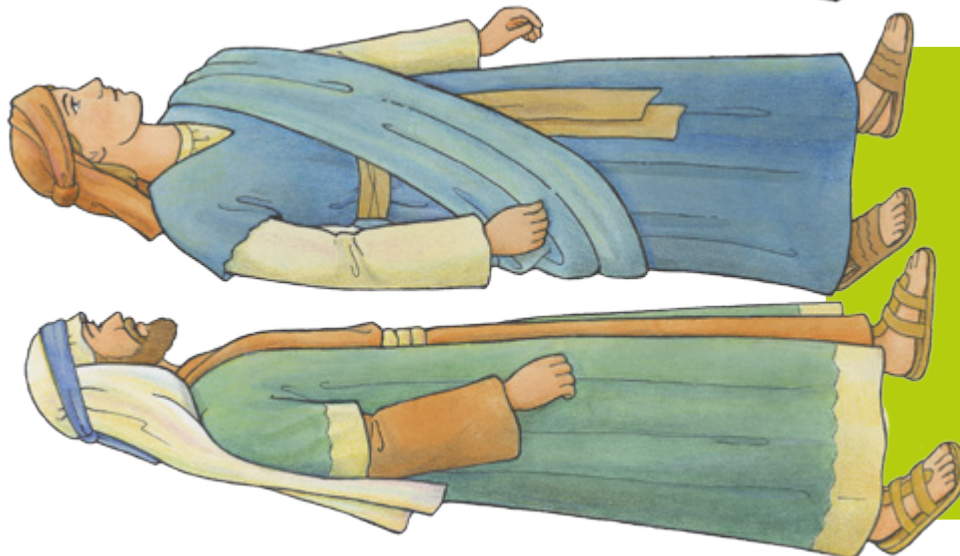
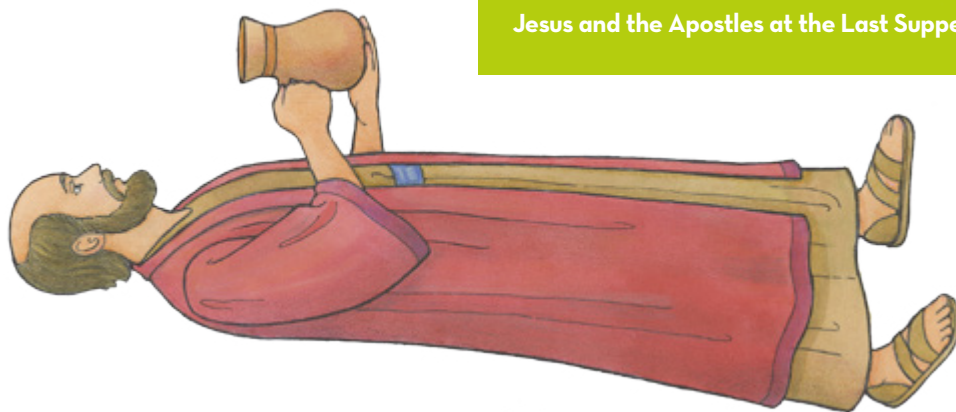
THE LAST SUPPER

Luke 22:8–20

Glue this page to heavy paper or cardboard. Then cut out the figures and attach them to craft sticks or paper bags. Store in an envelope with the scripture reference attached to the front.



Jesus and the Apostles at the Last Supper



Peter and John



Print more copies at
friend.lds.org. Watch
"The Last Supper" at
Biblevideos.org.

Dear Parents and Teachers,

Do our kids understand what integrity means? This month, talk about making good choices when no one is watching. “Flipping Channels” (page 8) deals with media, while “S.O.C.K.S. Rock!” (page 44) is about relationships. There’s also “Choosing Integrity” on page 10 and “To Cheat or Not to Cheat” on page 20. As we help children develop habits of integrity, we are helping them prepare to make and keep sacred covenants!

Truly yours,

The *Friend*

Order the
Friend at
store.lds.org!

PRIMARY

CONNECTION

Look for the colored diamonds on the table of contents to find stories and activities that support Primary this month!

Find more teaching resources at
lessonhelps.lds.org.



Family Home Evening Ideas

FAST OFFERINGS: Read President Eyring’s testimony of fast offerings (page 2). What events are going on in the world right now? What can your family do to help people across the world? Don’t forget the activities on page 3!

FUN FAMILY FOOD: Use the recipes on page 16 to make some “Lunch Bites.” What other healthy recipes does your family like to eat? Collect family recipe cards for Family History Mystery on page 23. What else can we do to help our bodies grow healthy and strong?

POSITIVITY: Try the “Positive Power” experiment on page 17. How many positive thoughts can your family write or draw in a single minute? How can we fill our mind with good thoughts and words? Set family goals that will help you think more like Jesus Christ.

STAYING SAFE AND HAPPY: Read Elder Ballard’s message and story about staying safe and being guided by Heavenly Father (page 18–19). Talk about other safety rules that help us. How do commandments help us stay happy? Learn more about Elder Ballard by reading the five facts about his life.

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