

THE Friend



Be a shining
STAR!

See pages 24-25

FRIENDS by Mail



How are you
standing tall?
Send us your
footprints!

Standing Tall

Thank you for the “Stand Tall” activity for 2016 (Jan. 2016). Our Primary children took their footprints home to hang in their rooms to help them remember their pledge to read the scriptures each day for at least five minutes. Each child has a five-minute hourglass to help them know how long to read each day.

Nauvoo First Ward Primary, Illinois, USA

Dear Friends,

There are so many different kinds of people in the world, and that makes the world interesting and exciting! We are all Heavenly Father’s children, and each of us has things that only we can do. Learn about just a few of Heavenly Father’s children on pages 24 and 28. What makes you different and awesome?

We think you’re amazing!

The Friend

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

TV Trouble



I liked the story called “TV Trouble” (March 2015). I liked how Sarah and Sadie chose the right even if it meant they couldn’t play with their friend. Thank you for the *Friend*!

Lily Ann Z., age 10, Alaska, USA

Happy Inside



I like the *Friend* because it makes me feel happy inside. The stories about missionaries are my favorite.

David R., age 6, Nevada, USA

◆ Primary Connection Find stories and activities to go with this month's sharing time theme and lessons. Find more at lessonhelps.lds.org.

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Hidden CTR Rings

Level 1: Give hugs!

Level 2: You'll see it in "note" time.

Level 3: No hint!

Volume 46 Number 9 September 2016

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

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

Online: Go to store.lds.org.

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

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

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 2393, Salt
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Unsolicited material is welcome, but no responsibility
is assumed. For return, include self-addressed,
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507.1.5.2). **NONPOSTAL AND MILITARY
FACILITIES:** Send address changes to Distribution
Services, P.O. Box 26368, Salt Lake City, UT 84126-
0368, USA.

Canada Post Information: Publication Agreement
#40017431.



FROM THE FIRST PRESIDENCY

By President Dieter F. Uchtdorf

Second Counselor in the First Presidency

A Lesson from Seeds

Christa worked for a seed company. One day she got a complaint that puzzled her.

"The seeds don't work," a customer said.

"Did you plant them in good soil and give them water and sunlight?" Christa asked.

"No! That would mean getting dirty."

Christa decided to write instructions: "You must plant the seeds. You can't set them on the shelf and expect them to grow."

Soon she got another complaint.

"I planted the seeds, and I was hoping to have tomatoes for dinner. Now I am very disappointed."

"Wait," Christa said. "Are you saying you planted the seeds today?"

"Don't be ridiculous," the customer replied. "I planted them a week ago."

Christa added another guideline: "You must be patient and wait."

All went well until Christa received another complaint.

"I planted the seeds, gave them water and sunshine, and waited. But I got zucchini!" the customer said.

"You ordered zucchini seeds," Christa said.

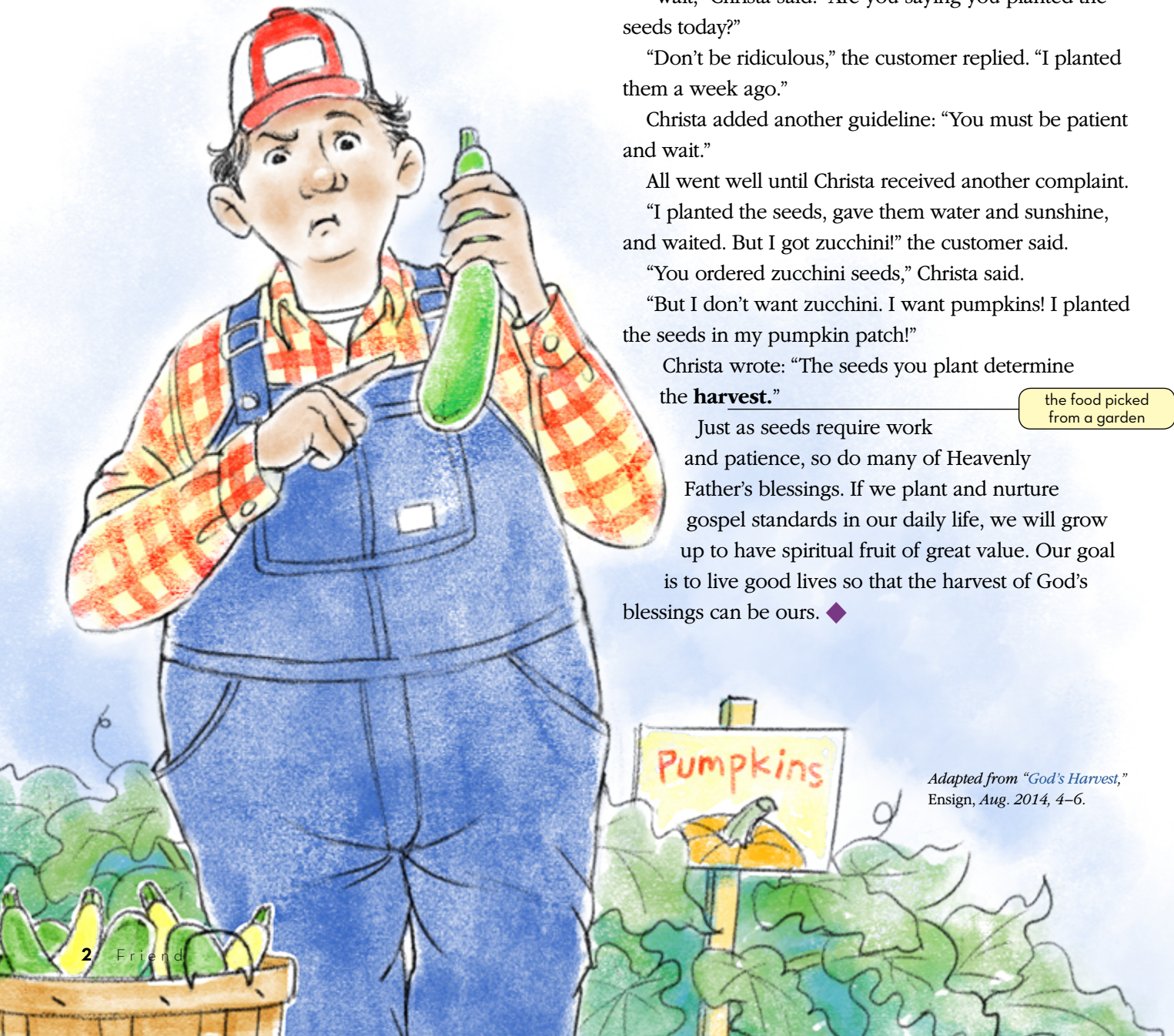
"But I don't want zucchini. I want pumpkins! I planted the seeds in my pumpkin patch!"

Christa wrote: "The seeds you plant determine the **harvest**."

the food picked
from a garden

Just as seeds require work and patience, so do many of Heavenly Father's blessings. If we plant and nurture gospel standards in our daily life, we will grow up to have spiritual fruit of great value. Our goal is to live good lives so that the harvest of God's blessings can be ours. ♦

Adapted from "God's Harvest,"
Ensign, Aug. 2014, 4–6.



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

SEEDS OF FAITH

Seeds need sunlight, water, and soil to grow into strong plants. Find the words that tell how to help your faith in Jesus Christ grow strong.

baptism prayer
 church sacrament
 kindness scriptures
 patience temple

GROW YOUR

Faith!

Read more in Alma 32:41.

A GROWING CROP

Put these pictures in order to help José harvest his maize, or corn! Write numbers in the circles to show the order of the pictures.



By Heidi Renouf-Brisco

(Based on a true story)

"Jesus said love ev'ryone; treat them kindly too" (Children's Songbook, 67).

Elizabeth loved going to Primary every week. She loved singing Church songs and feeling the peaceful spirit there. She loved all her friends in Primary. But then her Primary class changed.

A new boy named Joseph moved in, and he seemed different from the other kids. His clothes were rumpled and dirty, and he didn't seem to know when to talk and when to be quiet. He never raised his hand.

When Elizabeth talked to her mom about the new boy, her mom said that Joseph came from a "hard situation." Elizabeth wasn't really sure what that meant, but

*It was obvious—
no one wanted to sit by Joseph.*

she noticed that Joseph's family didn't come to church with him.

A few weeks after Joseph started coming to Primary, the trouble started.

"Everyone sit down so we can begin class," Sister Johnson said. All the kids started to take their seats, but when Joseph sat down, everyone moved away from him.

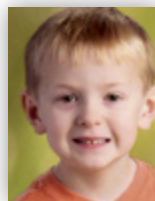
From then on, if Joseph sat on one side of the room, everyone hurried and moved to other side. It was like a game of musical chairs, where everyone tried to move as far away from Joseph as possible. Elizabeth had been taught to be kind, but even she began to play the musical chairs game. Sister Johnson told everyone to stay in their seats, but it was obvious—no one wanted to sit by Joseph.

Then one week at church, Joseph wasn't there. Then another week, and another week passed, and Joseph still didn't come.

Elizabeth wondered about Joseph and

Musical





I helped make a shy visitor feel happy in Primary. I asked her to sit by me and talked to her.

Tommy S., age 5, California, USA

why he wasn't coming to church anymore. She thought that maybe it was because of his "hard situation." Or maybe he had moved away. But she just couldn't get rid of an icky feeling that she had done something wrong. The more she thought, the more Elizabeth realized that their musical chairs game had been mean and wrong and that maybe it was the reason Joseph stopped coming to church.

One night after family prayer, Elizabeth gave her mom a hug and started to cry.

"Mom, I think I did something wrong. I didn't mean to, but I did."

Elizabeth told her mom about how no one in her Primary class wanted to sit next to Joseph. She told her how they had all laughed and tried to get the farthest seat away from him and how she felt bad for being mean to him. Elizabeth and her mom talked about repentance and what she could do to feel better and make things right.

Mom said, "Joseph is a child of God. It doesn't matter

if he looks and acts different; Heavenly Father loves him. We should always treat others like they are valuable, because they truly are."

Elizabeth promised herself that she would never treat anyone like that again. Even if it meant being less popular, she would treat everyone like a child of God.

One Sunday, Joseph finally returned to Primary. When the other kids started to giggle and race to find a seat away from Joseph, Elizabeth chose the seat right next to him.

"Hey, Joseph! What's up?" she asked with a warm smile.

For Elizabeth, the musical chairs game was over. Joseph would always have someone to sit by now. ♦

The author lives in Utah, USA.

CHAIRS



Family Night FUN

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

COMPLIMENT Chairs

Read "Musical Chairs" on page 4. Here's a musical chairs game you can play with your family that will be fun *and* make everyone feel loved!

1. Arrange some chairs or pillows in a circle. Use enough for everyone except one person to have a seat. Make sure there's space for everybody to walk around the circle.
2. Choose one person to be in charge of music. Have them sing or hum a song while everyone walks around the circle.
3. When the person stops singing, everyone tries to sit down as fast as they can. The person who doesn't have a seat will be "out."
4. Before starting again, have each family member say one nice thing about the person who got out.
5. Take a seat out of the circle and keep playing until everyone has a turn to have nice things said about them!

Is there a topic you'd like to learn about with your family? Go to lessonhelps.lds.org to find stories, activities, and media.

Friendship Bread

Make this bread as a family. This makes two loaves, so you can share one with a friend or neighbor. Include a copy of the recipe so they can make the bread too.

- 2 cups softened butter
- 2 cups white sugar
- 2 eggs
- 4 cups flour
- 2 teaspoons baking soda
- 2 cups buttermilk (or 2 cups milk + 2 tablespoons lemon juice)
- 2/3 cup white sugar mixed with 2 teaspoons cinnamon

1. Mix the butter, sugar, and eggs. Then stir in the flour, baking soda, and buttermilk.
2. Grease two bread pans. Pour one-fourth of the batter into each pan.
3. Sprinkle three-fourths of the cinnamon-sugar evenly over the two pans.
4. Divide the remaining batter between the two pans, then top with the remaining cinnamon-sugar. Use a butter knife to swirl the cinnamon into the batter.
5. Bake loaves at 350°F (180°C) for about an hour, until a toothpick inserted in the center comes out clean. Cool before eating.



KINDNESS BEGINS WITH ME

How can you help someone who is lonely or sad?

- Try to imagine how they're feeling.
- Treat them the same way you would want to be treated.
- Ask if there's anything you can do to help.
- Be their friend and get to know them!



TASTY TREATS

Try these for FHE this month!

- Spread a whole-wheat tortilla with peanut butter and sprinkle with cinnamon-sugar. Roll and slice it.
- Stir together 1 spice cake mix, 1 15-oz (425-g) can pureed pumpkin, and 1 cup chocolate chips. Scoop spoonfuls onto a greased cookie sheet. Bake at 350°F (180°C) for 12-15 minutes. Cool before eating.
- Toast bread and spread with cottage cheese. Then add cherry tomato halves, salt, and pepper.



MORE FHE IDEAS

Look for these pictures in the magazine to find the stories and articles they go with! (Find the page numbers below.)



IDEA 1: Read “A Gift for Lane” and finish the story together. Have you ever shared the gospel with a friend? Write and tell us about it! What are ways your family can share the gospel?

IDEA 2: Read “Which Path to Choose?” Make a list of ways your family can be kinder to each other. We’d love to see your ideas!



IDEA 3: Get ready for general conference by playing “Guess Who!” What are some important messages prophets and apostles have shared with us?



Idea 1: 18; Idea 2: 11; Idea 3: 37

Pretty Much Brothers

By Jill Hacking

(Based on a true story)

"I am thankful love is spoken here"
(*Children's Songbook*, 191).

Xander always wished he had a big brother. And now he had one!

Well, not really, but Xander liked to pretend that Sevàk was his brother. Sevàk was staying with Xander's family while he visited the United States to go to school.

For family home evening tonight, Sevàk was teaching them about his home country. He pulled a little flag out of his pocket. It had three stripes—red, blue, and orange. "This is the Armenian flag. Armenia is in Eastern Europe," he said. He told them more cool stuff about his country—like how it was so small that it could fit inside Xander's state eight times!

While Xander listened, he thought about how Sevàk was different. He talked kind of funny. He looked different too—his hair and eyes were darker than Xander's. And Sevàk's family went to a different church than Xander's family.

But he's not that different, Xander thought. *We both like to play games*. They had even made up their own game together with Xander's trading cards. They also both liked watching Saturday morning cartoons.

After Sevàk finished telling about his country, they sang a Primary song and read a scripture. "Thank you for sharing with us, Sevàk," Dad said. "Nathan, will you say the closing prayer?"

"Yup!" said Nathan. Xander glanced at Sevàk, who bowed his head and clasped his hands reverently.



How could Xander tell his new big brother that those words weren't good to say?



Even though he's different, Xander thought, he's Heavenly Father's son—just like me. That makes us pretty much brothers!

The next afternoon Xander and Nathan were playing basketball on the driveway.

"Hey, guys," Sevàk said when he got home from school. "Can I play?"

"Sure!" Xander said. "We're playing Horse."

Sevàk didn't know how to play, so Xander explained the rules while Nathan went into the garage to get another ball.

"So when it's your turn, just make sure you don't miss the basket," Xander finished.

"OK, let's play," Sevàk said.

They all took turns shooting baskets. Sevàk was pretty good. But after a couple of rounds, he missed a shot, and the ball bounced off the backboard.

Sevàk laughed. "I can't believe I missed that!" Then he said some words that made Xander's stomach squirm.

Sevàk wasn't a bad person, so why did he say those bad words? *Maybe he doesn't know that's wrong*, Xander thought. Sometimes he forgot that Sevàk didn't know the same things about Heavenly Father and Jesus.

"Umm, we don't say those words at our house because it makes Heavenly Father sad," Xander said as kindly as he could. "If you want to say that, you can always just say 'bummer' instead."

"Oh, OK," Sevàk said, picking up the ball. "Thanks for telling me."

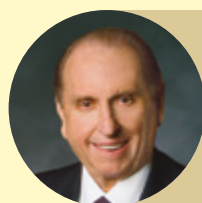
They kept playing. Sevàk missed again, but this time he said, "Bummer!" and smiled at Xander.

The month went by quickly, and soon it was time for Sevàk to leave. Before he left, he hugged Xander goodbye. "Thank you for teaching me about God. I learned a lot from you," Sevàk said. "I had such a cool feeling during family home evening and prayers with your family. I want to have a feeling like that in my home someday."

Xander hugged him back. "Bye, Sevàk. I'll really miss you!"

Xander felt warm inside. He knew that Heavenly Father was happy that he had helped Sevàk feel the Holy Ghost and learn about how Jesus wanted him to live. ♦

The author lives in New York, USA.



"As we follow the example of the Savior, ours will be the opportunity to be a light in the lives of others."

President Thomas S. Monson

"Be an Example and a Light," Ensign, Nov. 2015, 88.

Sevàk got baptized later!

And he's still like a brother to Xander.



Share Away

By Arie Van De Graaff

What's something we can always share with people around us? To find out, start with person F. Notice that person R is wearing a watch too.

F and *R* have been filled in for you. Find out what person R has in common with somebody else on the playing field. Keep going till you use all the letters. Check your answer on page 39.



BONUS CHALLENGE!

What other words can you spell with these letters? Can you use them to come up with a name for the dog?

F R _ _ _ _ _

Which Path to Choose?

By Abbey F., age 11, Virginia, USA



It was the first day at my new school. I loved making new friends and was pretty good at it. I got to my classroom and saw all of the people. I thought I was going to have a great year. During lunch with my new friends, we all sat down next to a girl from another class.

Her name was Hannah. When I sat down, Hannah said, “Wow, your shoes really stink. I wondered if it was the garbage can or your fashion sense.”

I was really surprised when she said that, and so were the others. So I got up and moved to another table by another new friend.

The next day at recess, Hannah had something else mean to say. This went on and on each day, but every time, I would not say something rude back because my Sunday School teacher, Brother Lawson, said that you should treat others the way you want to be treated. When I thought of that, I asked Hannah politely to please stop or please tell me why she was acting like this to me.

Then I went home and told my mom about all of the things Hannah had said. I felt like exploding! My mom said, “Abbey, just try not to be rude back. Sometimes people act the way they do because something hard is going on at home.”

So I went to school thinking about what my mom and Brother Lawson said. That day at school, Hannah finally told me that hard things were going on at home and she said mean things because she was mad. I forgave her, and this year she is in my class and we are really good friends!

I learned that following Jesus is the best path. ♦

*Every day,
Hannah had
something mean
to say.*






**From Elder
Dallin H. Oaks**

Of the Quorum
of the Twelve
Apostles

Why is the Savior's Atonement important?



*Our Savior's Atonement made
resurrection possible so all of us
will live again after we die.*

*It also made it possible
for us to be clean from our
sins if we repent.*

*As part of His Atonement,
Jesus suffered challenges of every
kind so He could know how
to help us feel better when we
are sad or struggling.*

*Jesus Christ can help
and strengthen
anyone who asks.*

*He understands our
pain and suffering, and
He is there for us.*



From "Strengthened by the Atonement of Jesus Christ," Ensign, Nov. 2015, 61–64.

Meet Elder Dallin H. Oaks



WHAT IS AN APOSTLE?

When Jesus was on the earth, He called 12 men to be His special helpers and witnesses. They were called Apostles. He has called Apostles to be His special helpers and witnesses today. They testify of Jesus Christ to the whole world. Elder Oaks is an Apostle.

Elder Oaks and his younger brother and sister were raised by their mother after their father died.

After his father died, his mother became ill.

Dallin was lonely and sad and didn't do very well in school. That changed when his wonderful fifth-grade teacher, Pearl Shaffer, helped him to learn and have confidence.



In high school he played basketball and football.



He married June Dixon, and they had six children. June died of cancer, and later, he married Kristen McCain.

Before he became an Apostle, he was a law professor, the president of Brigham Young University, and then a judge.





BEE-ing a Missionary

Every member can be a missionary. My stake president in California gave us a challenge to share the gospel. When I had to give a school report on a state in the United States, I knew this was my chance!

Hi, I'm
Jesse!

The Challenge

My teacher asked us to pick a U.S. state and build a diorama, or a miniature scene. I told my teacher I wanted Utah. I've been to Utah many times on family vacations. I wanted to learn more about the "Beehive State." And I thought it might help me with missionary work!



Fun Facts

I learned that the golden spike that linked the First Transcontinental Railroad was placed in Utah. I put a picture of the Salt Lake Temple in my project. I also wrote facts about President David O. McKay (1873–1970) because he is my grandpa's favorite prophet.



Showing my box to some friends and the missionaries.

The Beehive

I wanted to show my class our Savior's beautiful creations in my diorama. I covered a box in bees and designed it like a beehive. Beehives remind us to work as hard as bees to spread the gospel.



JESSE'S TIPS FOR STANDING TALL

- Listen to the Spirit's promptings.
- Don't use bad language or use the Lord's name in vain.
- If something bad is going on, walk away or find other activities to do that make you feel better.
- Look for opportunities to help others.

STANDING TALL

How do you follow Jesus by standing tall? Trace your footprint, and send us your story and photo, along with your parent's permission. Find out how on page 39.

The Buzz about Bee-ing a Missionary

I took my school project to the open house. Everyone loved my bee box! My teacher gave me an A+! I hope people will see what a great place Utah is. Maybe they will ask questions about The Church of Jesus Christ of Latter-day Saints. I can't wait until I'm old enough to go on a mission and share the gospel even more!

Keep a Record

When Jesus came to visit the Nephites, He told them to keep a record, or write about, the words they heard the prophet say and the miracles they saw (see 3 Nephi 23:7–13). Prophets today still encourage us to keep journals. You can start one of your own, or your family could add to a journal every Sunday. Here are a few ideas for things to write about.

My name:

Today's date:

Today, I...

Right now I am thankful for...

When I pray, I feel...

It's hard for me to...

I like learning about...

A scripture that helped me is...

Something fun that happened to me this week...

Today at church I learned that...

OUR

AWESOME

JOURNAL

•BULLETIN• BOARD

Play Human Knot!

Get a group of friends or family members and stand in a circle. Reach your arms out in front of you and hold hands with two different people across the circle. When everyone is ready, try to untangle your arms without letting go of your hands.



I will get help from my parents when buying anything online.

Gyber Strong

GOD GIVES US GOOD FOOD

Have you met Jesse on page 14? Artichokes are the state vegetable of California, USA, where he's from. Artichokes are flower buds that haven't bloomed yet. The bottom is the "heart" and is the main part that's eaten. You can eat the soft part of the leaves too.



QUESTION CORNER



"My older brother is serving in the military, and I miss him a lot! How can I feel closer to him?"

Send your answer and photo by September 30. Email us at friend@ldschurch.org with "Question Corner" in the subject line. Use the permission statement on page 39.

A Gift for Lane

By Lori Fuller

Church Magazines

(Based on a true story)

"I want to tell my friends about our church and the happiness it brings to me" (Children's Songbook, 168).

The gospel is a special gift," Brother Hart told Addie's Primary class. "One way we can share it is by giving a Book of Mormon to a friend."

Addie squirmed in her seat. She didn't know if she could be brave enough to give someone a Book of Mormon. Then she thought of Lane.

If it's just like giving a gift, she thought, then maybe I could give one to Lane.

You can help—
finish the end of
the story!

Lane had moved to Addie's fourth-grade class halfway through the year. She was quiet just like Addie was. And when Mrs. Naga gave Lane the desk next to Addie, they had both smiled shyly at each other. Soon they were laughing and talking and playing together at recess.

Lane loved books, and Addie decided that, just maybe, she would love the Book of Mormon too.

When Addie got home from church, she asked Mom for a copy of the Book of Mormon. Mom gave her one with a soft cover and beautiful paintings of scripture stories inside. Addie hoped Lane would like it.

Addie carefully wrote her testimony on the first blank page. *"Dear Lane, I hope you like this book. It is one of my favorite books. It has lots of good stories, and I know it's true. Thanks for being my friend."*

She signed her name and carefully slipped the book into her backpack. Her stomach felt all fluttery inside. Would Lane be happy to get it?

At school the next day, Addie could hardly sit still. She was so nervous. What would she say? What would *Lane* say?

Finally it was recess. Addie stopped Lane before they walked out to the playground.

"I have something for you," Addie said. She reached into her bag and pulled out the Book of Mormon. "I hope you like it."

Lane smoothed her fingers over the shiny gold letters on the cover. She smiled. "Thank you." She put it in her backpack, and then she and Addie ran outside.

Addie could hardly stop smiling. She'd done it! She'd shared the gospel, just like a missionary.

But the next day, it was Lane who stopped Addie before they went out to recess. She quietly pulled out the Book of Mormon from her backpack and handed it to Addie.

"My mom doesn't want me to read it," she said. She stared down at the floor. "I'm sorry."

Addie felt her cheeks heat up. "Oh," was all she could say as she slipped the book back in her own bag. They went out to play hopscotch, but Addie didn't feel much like hopping. Maybe tomorrow would be better.

When school was over, Addie waved goodbye to Lane. Then she ran home and hurried to her room. The door shut behind her with a dull thud. Addie pulled the book out of her backpack. She'd been so brave, and it hadn't worked out!

She wiped away tears as she opened up the Book of Mormon to her testimony. She had been so excited when she'd written it. She still knew what she'd written was true, but now she felt sad instead of excited. Lane was one of her best friends. Was there any other way she could share the gift of the gospel with her?

Addie turned around as the door opened.

"Hey, what's wrong?" _____ asked.

HELP FINISH THE STORY!

Write your name in the blank and pretend you're Addie's big brother or sister who just walked in. What would you say to her when she told you what happened? How could you help Addie feel better? What other ways could she still share the gospel? Write and tell us!

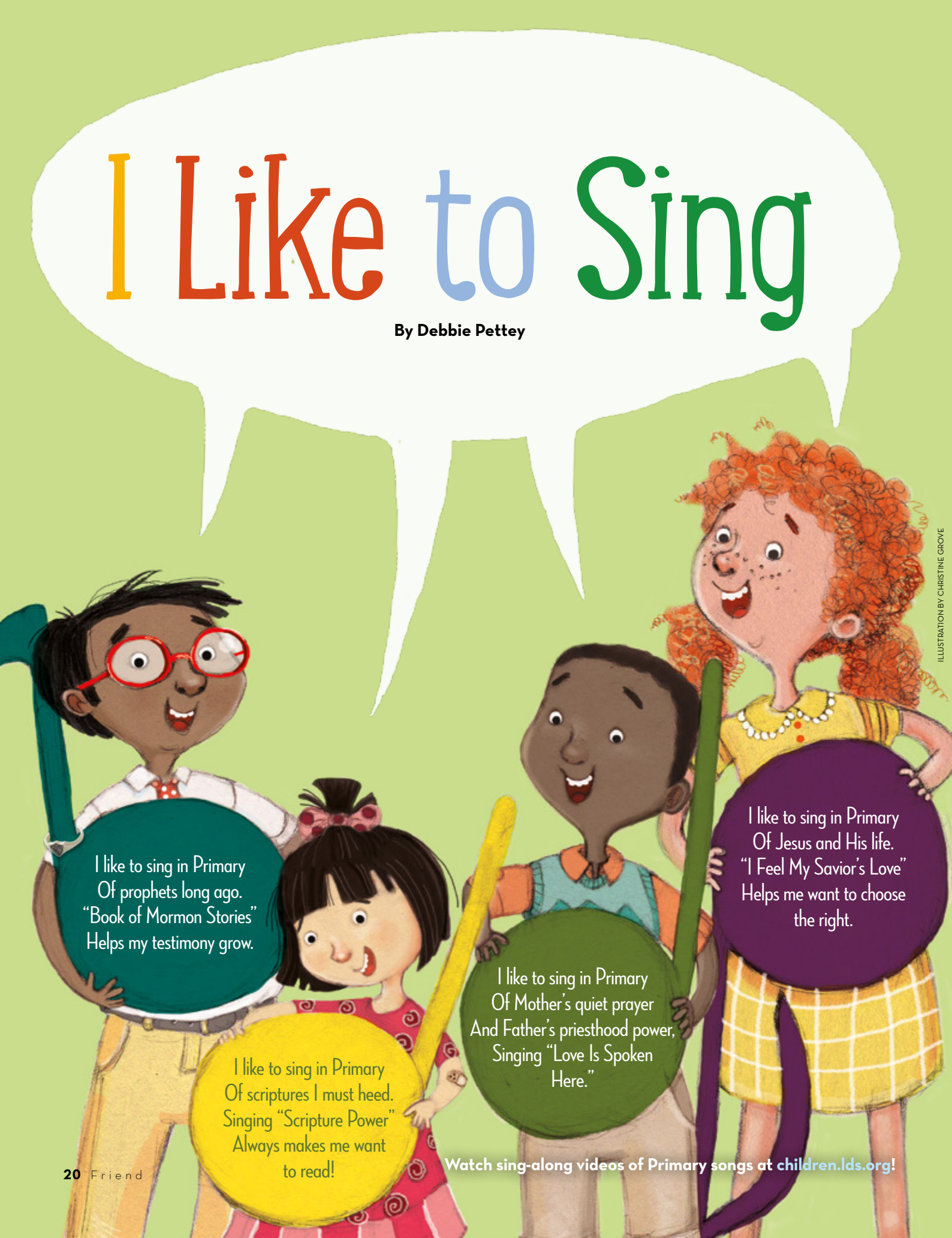
There are lots of ways to share the gift of the gospel!

Like being kind or being a good example.



I Like to Sing

By Debbie Pettey

An illustration of four diverse children standing in front of a green background with white, jagged shapes resembling mountains. The children are holding large, colored circles (green, yellow, green, and purple) that contain text. The boy on the left has dark skin, black hair, and red glasses. The girl in the front center has dark hair and a pink bow. The boy in the center has dark skin and is holding a yellow stick. The girl on the right has red curly hair and a yellow shirt. The circles they are holding are green, yellow, green, and purple respectively.

I like to sing in Primary
Of prophets long ago.
“Book of Mormon Stories”
Helps my testimony grow.

I like to sing in Primary
Of scriptures I must heed.
Singing “Scripture Power”
Always makes me want
to read!

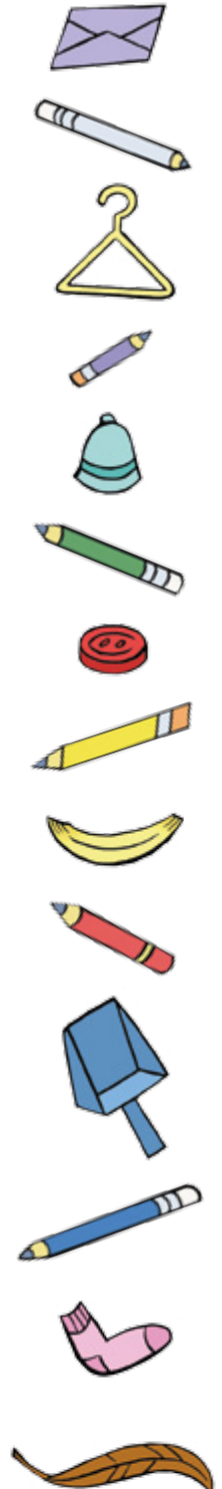
I like to sing in Primary
Of Mother’s quiet prayer
And Father’s priesthood power,
Singing “Love Is Spoken
Here.”

I like to sing in Primary
Of Jesus and His life.
“I Feel My Savior’s Love”
Helps me want to choose
the right.

Watch sing-along videos of Primary songs at children.lds.org!

Hidden Picture

This group of friends loves to collect awesome pencils! They each decided to share a pencil from their collection with a new friend at school. Can you find the hidden objects? How many pencils can you find?



Jesus Loves Everyone

After Jesus Christ was resurrected, He visited the Nephites. He taught them about the sacrament, and He showed them how to pray. He taught them to be kind and to be peacemakers. Even though there were a lot of people, He blessed every child and healed everyone who was sick. He prayed to Heavenly Father for the Nephites because He loved them.



My family and I visited some poor children and gave them toys and food. I feel very happy because I know I helped someone.

Lía C., age 7, Chihuahua, Mexico



Kate P., age 11, Utah, USA



Cut, fold, and keep this challenge card!



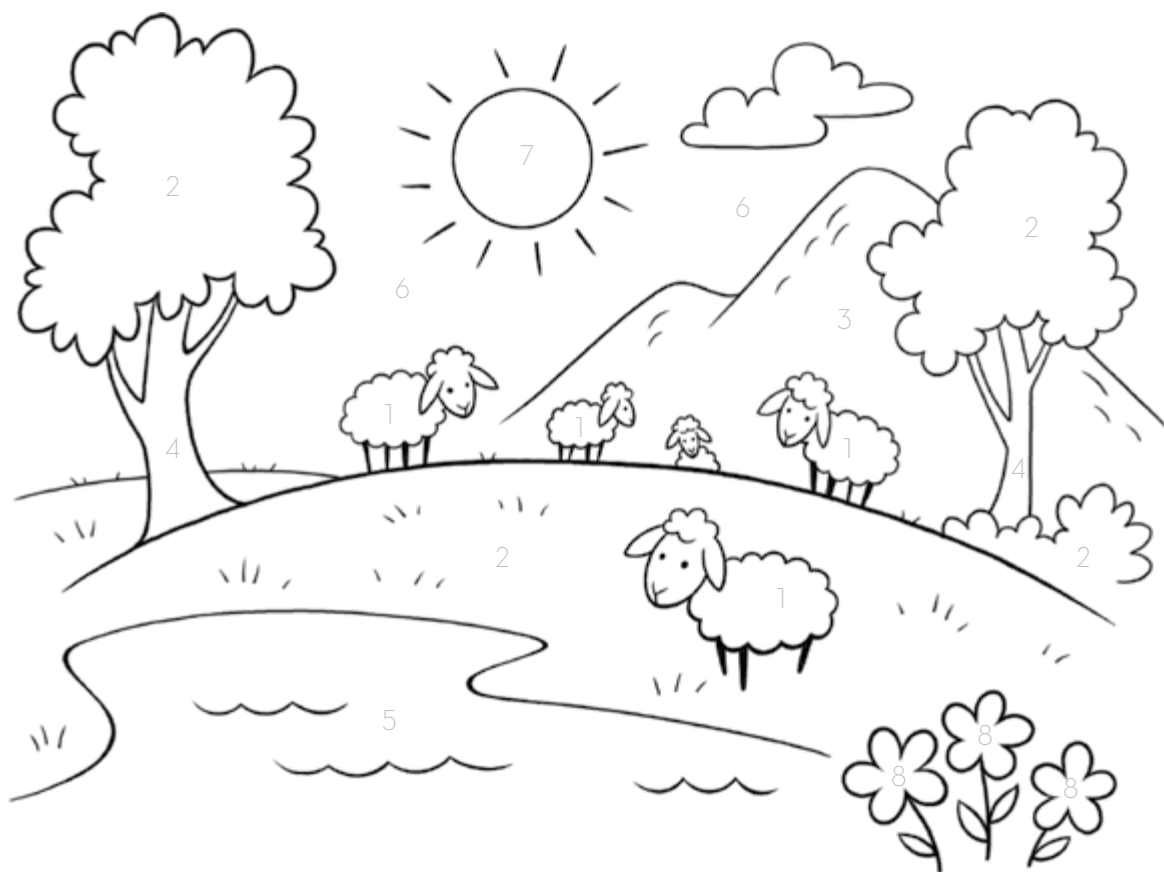
I CAN BE LOVING!


- ☐ Memorize [3 Nephi 12:16](#).
- ☐ Give a smile, hug, or nice note to show someone that you love them!
- ☐ Read [3 Nephi 12:1-9](#) and pick a quality you can work on this month.
- ☐ I challenge myself to ...

This Month's Scriptures

After you read a scripture passage, color the matching numbered areas on the picture!

- | | | | |
|----------------------------|-------------------------|------------------------|-----------------------|
| 1 3 Nephi 12:1-9, 16 | 3 3 Nephi 13:6-8, 19-21 | 5 3 Nephi 18:19-21, 24 | 7 3 Nephi 19:11-26 |
| 2 3 Nephi 12:19-20, 44, 48 | 4 3 Nephi 18:1-12 | 6 3 Nephi 18:35-39 | 8 3 Nephi 20:1, 29-31 |





Other Sheep

When Jesus taught in Jerusalem, He told the people that He had “other sheep” He needed to teach (see [John 10:16](#)). He was talking about the Nephites and people in other lands. After His Resurrection, Jesus visited and taught the Nephites. You can read more about His visit on page FJ4. And look for another reading challenge next month!

"Every star is different, and so is every child. ... Every one is needed for just what he can do. You're the only person who ever can be you."

"Every star is different, and so is every child. ... Every one is needed for just what he can do. You're the only person who ever can be you."

Shining

These children are shining



Ta Ree, age 7

Ta Ree was born in a refugee camp in Thailand. Her parents had to flee to Thailand from their home in Myanmar (Burma), a country in Southeast Asia. When she was little,

Ta Ree's family moved to the United States.

Ta Ree's family speaks a language called Karenni. Ta Ree learned to speak English too in just six months when she was in kindergarten! She always does her homework and loves to learn about new things, especially math.

Ta Ree likes rice, noodles, peanut butter sandwiches, and ice cream. She loves to play on the monkey bars. She says, "I play with my family, mostly my little sister. We play hide-and-seek and tag."

She is excited to be baptized by her older brother, Bo Reh, when she turns eight.



Tyler B., age 10

Tyler likes to jump on the trampoline, play sports, and build things with blocks, especially helicopters. He enjoys biking and hiking. One day he hiked 13 miles! Tyler helps

serve lunch at school. He gets to eat a lot of food that way!

When Tyler was four, he loved listening to the piano and wanted to start taking lessons. As soon as he grew tall enough for his feet to reach the pedals, he started playing the organ. He loves it!

Tyler wakes up at 5:30 every morning so he can play the organ at the Church building before school. Once Tyler got to play "We Thank Thee, O God, for a Prophet" on the Tabernacle organ on Temple Square.

Tyler also plays the prelude music for sacrament meeting. He says, "Playing music makes me happy because when I go on my mission, I'll be able to play."



Stars

By Breanne Richards

stars! How do you shine?



Maaziah B., age 7

Maaziah loves soccer! He is the team captain. He tries to be a good example and have a good attitude. "I say a prayer before every soccer game," he said.

"I pray that the players will be protected. I know Jesus helps me."

Maaziah used to not like math because it was hard for him to understand. Then he started using a math computer game every day. Now he understands and loves math!

He really loves family home evening. One time Maaziah's godfather (a close family friend) came over for family home evening. They had one minute to write down all the ways Jesus has blessed them.

Maaziah says, "I try to follow Jesus's example by helping people." One time he helped a boy at school who was struggling with homework. Maaziah lives with his mom and grandma, and he always tries to help them too.



Ashby B., age 11

Ashby likes to rock climb, wake board, and play basketball and soccer. She makes coin purses and jewelry. She loves music and her family.

Last year Ashby found out she has Type 1 Diabetes. This affects how her body uses glucose, a sugar that gives the body energy. She says, "I prayed to Heavenly Father, and I asked that I would be able to understand this trial."

Ashby loves to help. Once she donated toys to children in hospitals. "I felt happy I was helping the Lord's children feel loved."

Before her baptism Ashby read the Book of Mormon. She prayed about it and felt great. Ashby shared her testimony in stake conference. She says, "I invited two of my teachers that day, and now I feel more confident speaking in front of people and being a missionary."





A Special Big Brother

By Merillee Booren

(Based on a true story)

"I'll walk with you. I'll talk with you. That's how I'll show my love for you" (*Children's Songbook*, 140).

Daniel stared out the window. He saw his friends heading to the park with a basketball. He wanted to go too.

"I can't take you today, Daniel," Mom said. "Your sister has a bad cold. And you're not quite old enough to go alone. I'm sorry."

Daniel frowned at his sister, Elise. She was sitting in her wheelchair with her toys on her lap. She was five, but she couldn't walk or talk yet. Elise coughed hard. She got sick a lot, and she couldn't go outside if it was too hot or too cold. And she had to eat through a tube in her stomach.

Daniel loved his sister, but sometimes he felt angry too. It was hard to always do what was best for Elise. He just wanted to play with the other kids. His stomach knotted in frustration.

"It's not fair!" he said to Mom. "Everything is always about Elise!" He ran down the hall to his room.

Two days later Elise's cough got much worse, and she had to go to the hospital. Daniel's grandparents came to stay with him. Mom and Dad spent most of their time at the hospital with Elise for the rest of the week.

Daniel's grandparents could take him to play with the other kids. But now Daniel was worried about Elise. He was sorry for what he had said to his mom that day. He didn't like how sometimes he couldn't go play because of Elise. But Daniel loved how she smiled when he talked to her, and being with her made him feel happy.

Daniel looked out the window, hoping to see Mom and Dad bringing Elise home.

Suddenly Daniel saw Mom's car turn into the driveway. He ran to meet her.

"Mom, I'm sorry for what I said about Elise that day I got mad," he said, hugging her tight.



Here's what I do when life's not fair ...

- Pray.
- Talk to Mom or Dad.
- Play outside.

Here's what I do ...

- Draw or write in my journal.
- Listen to good music.
- Think about what's going right in my life.



"It's OK," Mom said as she hugged him back. "I know you love her. It doesn't seem fair that we can't always do the things you want to do. It's hard sometimes for everybody. But I know we are blessed to have Elise in our family."

"I miss her," said Daniel.

"Me too," said Mom. "The doctor said she can probably come home tomorrow."

Two weeks later Daniel and Elise were both in Primary.

"Everyone find a partner and form a circle!" the Primary president said.

Daniel hurried forward and grabbed his sister's wheelchair.

"Elise is my partner," he told her teacher. He wheeled her up front to join the circle of children.

He looked over at Elise. She smiled at him, and he smiled back.

Daniel was glad Elise could be home again. He wanted to be a special brother to her. ♦

The author lives in Oregon, USA.

ILLUSTRATIONS BY ALYSSA TALLENT AND MATT SWEENEY

Show and tell



The members of the **Valiant 11 Primary class, Bellbird Park Ward Primary, Centenary Australia Stake**, want to serve Heavenly Father and be friends with each another. They went to the Brisbane Australia Temple together.



I was at gym class, and I saw a boy bully another kid to tears. I told the bully to stop, but he didn't, so I told the teacher. Later I

invited the boy who was bullied to sit with me and my friends at lunch. It feels good to be a friend.

Ethan C., age 8, Washington, USA



Abigail W., age 8, Arizona, USA

We love to hike together as sisters. Even if we get mad or our legs get tired, we should still be nice and take care of each other. Jesus taught us to love one another.

Danielle and Jordan P., ages 7 and 5, Utah, USA



Quincy H., age 7, Arizona, USA

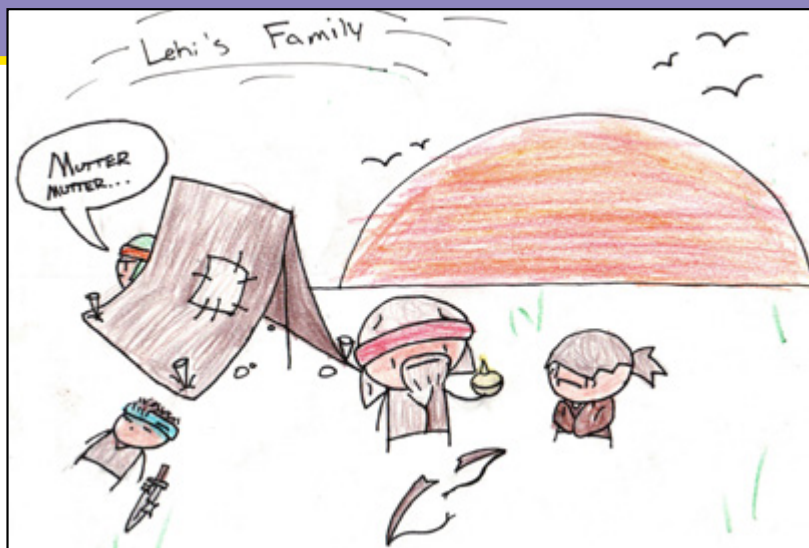


On an indoor recess day at school, I offered my friends the *Friend* magazine to look at. I told them it was a religious magazine that had stories, projects, and games. After we read three issues

together, they asked if I had any more I could bring. I hope I have more chances to teach others about the gospel.

Mackenzie K., age 10, Colorado, USA





Luke P., age 11, Maryland, USA



I went with my mom and the missionaries. We knocked on a door of a family who was searching for a church

to go to. I felt the Spirit tell me that our church is true. I can't wait until I'm 19 so I can go on a mission!

Sunnie J., age 11, Oklahoma, USA



I wanted to share the gospel with my friend, so I gave him a pass-

along card on the bus. I told him about Heavenly Father, and I felt good.

Carston S., age 9, Ohio, USA



Primary children from the **Aberystwyth Branch, Merthyr Tydfil Wales Stake**, enjoy meeting together on Sundays and for Primary activities.

Standing Tall FOOTPRINTS



I will stand tall by paying my tithing.

Maryann J., age 5, Utah, USA



I stood tall by defending a teacher when some friends were talking bad about this teacher.

Klint B., age 9, Utah, USA



I will stand tall by treating others the way I would like to be treated.

Leea W., age 11, Washington, USA

I will stand tall by using good language, being a good friend, and being kind.

Eve H., age 6, Hamilton, New Zealand



I will stand tall by obeying my parents more often.

Helena H., age 8, Hamilton, New Zealand



I will stand tall by making my bed without my mom asking me to.

Ashton A., age 6, North Dakota, USA



I will stand tall by helping my mom make cookies in the kitchen!

Beckham A., age 4, North Dakota, USA



Since I joined the Church a year ago I have strived to read my scriptures and pray every day. This has made me happier.

Abraham P., age 11, Arizona, USA



Send us your footprints!
See how on page 39.

What Is Respect?

Every person on earth is a child of God. That means that every person deserves to be treated with respect. Fill in the blanks with sentences or words about what respect means to you!



How are the kids
on this page being
respectful?



R

Reverence shows respect for Heavenly Father.

E

S

Show kindness in thoughts, words, and actions.

D

E

Every person is a child of God.

C

T

Teachers and parents deserve respect too!



Had I Been a Child

(Simplified)

Peacefully ♩ = 96-104

Words by Mabel Jones Gabbott
Music by Darwin Wolford

System 1:

Chords: F, B \flat 7, F

Lyrics:
1. Had I been a child when Je - sus
2. Then He might have held me safe in His
3. Some - day, when the Sav - ior comes a -

System 2:

Chords: C7, F, D, Gm

Lyrics:
came arms; gain, Un - to the Ne - phites that bless - ed
He might have looked in my eyes and
Oh, how I hope that my heart will

System 3:

Chords: Gm7, B \flat m, C7, F

Lyrics:
day said be And A showed them the His wounds in His hands and His
As As pure as the hearts of the chil - dren and that

System 4:

Chords: Dm, Gm, C7, F

Lyrics:
feet And knelt with them to pray,
love, His hands placed up - on my head,
day Who gath - ered a - round His knee.

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By Sister Neill F. Marriott,
Second Counselor in the
Young Women General
Presidency; from an
interview by Jill Hacking

Heavenly Father Hears YOUR PRAYERS

One time when I was young, I needed to know that Heavenly Father knew me and understood the troubles I faced. I asked Him to guide me to find a scripture that would help me feel better. I opened the scriptures and read, “We glory in tribulations . . . knowing that tribulation worketh patience; and



patience, experience; and experience, hope: and hope maketh not ashamed; because the love of God is shed abroad in our hearts” ([Romans 5:3–5](#)). This scripture taught me that my hard experiences could help me feel God’s love for me and gain patience, experience, and hope. I knew Heavenly Father heard my prayer and answered me through the scriptures. I had faith that things would get better.



My grandson Stuart also learned that Heavenly Father hears our prayers. He needed a friend at school. He and his mom decided to pray to help him find a friend. Every day when the recess bell rang, Stuart knew that his mom was praying for him. Pretty soon he made a new friend! Stuart learned that Heavenly Father cares about his worries. He learned that Heavenly Father would answer his prayers.

When my grandson Jack was 10, he played on a competitive soccer team. Jack talked with his parents and decided to honor the Sabbath and not to play in games on Sundays. He worried that he wasn’t getting better because he was missing those

games. Jack’s little brother Charles knew he was worried. One day Charles said the family prayer. He asked Heavenly Father to help Jack not be worried about soccer. Charles knew that a great way to help his



brother was to pray for him. He had faith that his prayer would help Jack.

We need help in this life, and Heavenly Father wants to give us that help. He loves us. He will listen when we pray! ♦

BLESSINGS AND PRAYER

Heavenly Father has many blessings He wants to give you. Think of a treasure chest filled with blessings for you.

Your faithful prayers unlock the “treasure chest” of blessings. We need to pray in the name of our Savior, Jesus Christ, and ask our Heavenly Father to bless us.

FAITH

These treasures are some blessings you can pray for. What other blessings do you want to pray for?

COURAGE

KNOWLEDGE

TESTIMONY

Answers to prayer might take a long time, or they might not be what you expected. But Heavenly Father is always listening. He will answer your prayers. He loves you.

COMFORT

Courtney was sad a lot.
Was there any way Elena
could help?



A Butterfly for Courtney

By Jane McBride Choate

(Based on a true story)

"Succor those that stand in need of your succor"
(*Mosiah 4:16*).

Elena sat back on her heels and looked at what she and Grandma had done in the backyard. "It looks good," Elena said, admiring the newly cleaned out garden beds.

Elena loved spending time with her grandma. Grandma could always make her laugh, even when Elena was feeling down. Sometimes Grandma made up silly poems or stories.

"Let's go inside." Grandma started toward the back door. "I have a surprise for you."

She handed Elena an envelope with some money inside.

"You don't have to pay me, Grandma!" Elena said.

But Grandma shook her head. "You help me so much. I want to give you something. Please take it."

"Thank you!" Elena gave Grandma a big hug.

Elena thought of some jeans and a shirt she'd seen at the store. With what Grandma had paid her and what Elena had saved, she'd have just enough money to buy them after paying her tithing.

The next day was Sunday. Elena and her family got to

church a few minutes before sacrament meeting began. She couldn't wait to tell her friend Courtney about earning money for the clothes.

But when she saw Courtney sitting in the foyer, she noticed that her friend looked really sad.

Elena sat down next to her.

"Are you all right?" Elena asked quietly.

"I'm fine," Courtney said, but she didn't look Elena in the eye.

Elena knew her friend wasn't fine. Courtney struggled with depression and got really sad sometimes.

"How can I help?" Elena asked.

"There's nothing anyone can do," Courtney said and turned away. Elena saw a tear slide down her cheek.

Elena felt like crying herself. She sat with Courtney until sacrament meeting started and it was time for them to join their families.

For the rest of the day, Elena felt an idea grow inside her. She thought about Courtney. She thought about the money she'd earned. Buying new clothes didn't seem very important any more. After praying about her idea, Elena knew what she wanted to do.

On Monday after school, Elena asked her mom to take her to the store.

"Sure," Mom said. "Are you going to get those jeans you were telling me about?"

Elena shook her head. "I decided I don't really need more clothes. I'm going to get something else."

Mom looked surprised. "OK."

At the store, Elena showed her mom a necklace with a butterfly pendant.

"Courtney loves butterflies," Elena explained. "She's having a really hard time right now. She's failing one of her

classes. She tries so hard, but sometimes she can't study when she's feeling down."

Mom nodded. "I know. Her mom is worried about her." She smiled at Elena. "I'm proud of you for being so thoughtful."

Before school the next day, Elena handed the gift to her friend. When Courtney pulled the necklace out, a smile spread across her face.

"Wow. Thank you! It's perfect," she said, slipping the necklace over her head. The butterfly's wings sparkled in the sunlight. Courtney gave Elena a hug. "I'm so lucky to have you for a friend."

Elena hugged her back. "We're lucky to have each other." ♦

The author lives in Colorado, USA.



Do you know anyone who feels really sad? Do you feel sad a lot? There is hope! Turn the page for help.

Don't Give Up!

There are many reasons people might feel sad for a long time. Sometimes when bad or stressful things happen, it takes a while for people to feel better again. Other times, they might not know where the sadness comes from. Either way, don't give up hope. Things can get better! If you or someone you know feels sad a lot, here are some tips that can help.

IF SOMEONE YOU KNOW FEELS SAD A LOT:

- Be their friend. Even a little kindness can make a big difference.
- Get help. Offer to go with your friend to talk to a parent, teacher, or other trusted adult.
- Keep inviting them to do fun things. They may say "no" a lot, but don't stop inviting them.
- Remember that how they act or feel is not your fault.
- If someone in your family feels sad a lot, talk to a parent. You could also talk to another trusted adult.



IF YOU FEEL SAD A LOT:

- Tell a friend, parent, or trusted adult how you feel.
- Ask for help. Keep asking until someone helps you. You may need to see a doctor who can help you get better.
- Pray to Heavenly Father. He loves you. You are His child, and there is no one else just like you! You are important and loved.
- Remember that Jesus Christ knows how you feel. He can help you be strong.
- Don't give up hope! Just because something hurts now, that doesn't mean it will hurt forever.



➡ Hang on tight!

DON'T GIVE UP.

✿ Things will
get better. ✿

➡ Hang on tight!

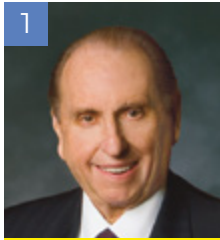
DON'T GIVE UP.

✿ Things will
get better. ✿

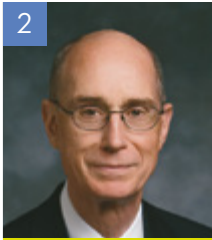
These quote cards are a gift from us to you. We love you!
Give one to someone who might be feeling sad. Print more cards at friend.lds.org.

Guess Who!

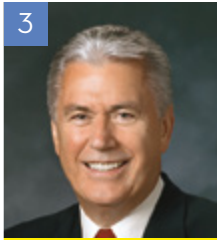
Prophets and apostles were young once too. They made mistakes and learned and grew, just like you! Their good choices helped them learn to follow Jesus. Can you match their pictures today with their childhood pictures? (Check your answers on page 39.) Then watch to see each of them speak next month in general conference!



1
President Thomas S. Monson



2
President Henry B. Eyring



3
President Dieter F. Uchtdorf



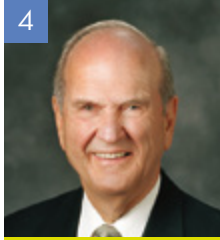
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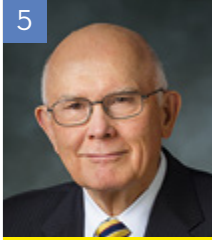
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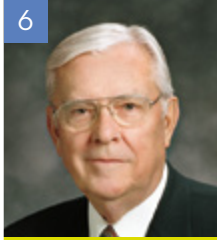
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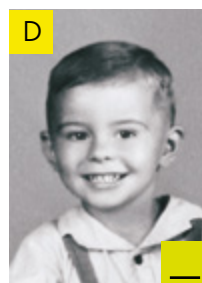
4
President Russell M. Nelson



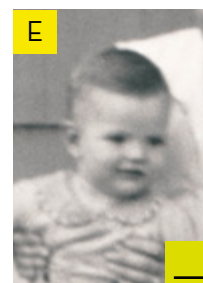
5
Elder Dallin H. Oaks



6
Elder M. Russell Ballard



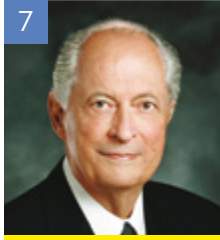
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F



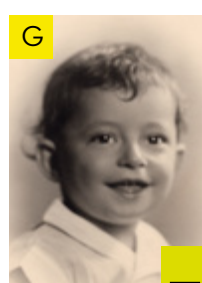
7
Elder Robert D. Hales



8
Elder Jeffrey R. Holland



9
Elder David A. Bednar



G



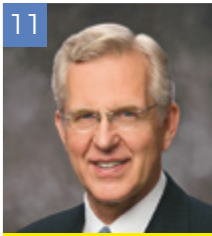
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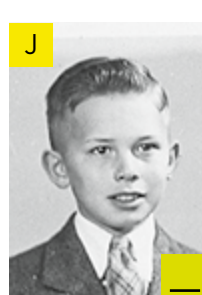
10
Elder Quentin L. Cook



11
Elder D. Todd Christofferson



12
Elder Neil L. Andersen



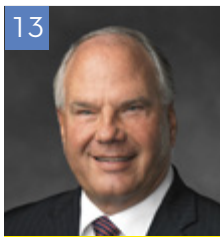
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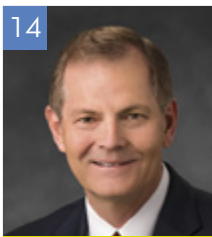
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L



13
Elder Ronald A. Rasband



14
Elder Gary E. Stevenson



15
Elder Dale G. Renlund



M

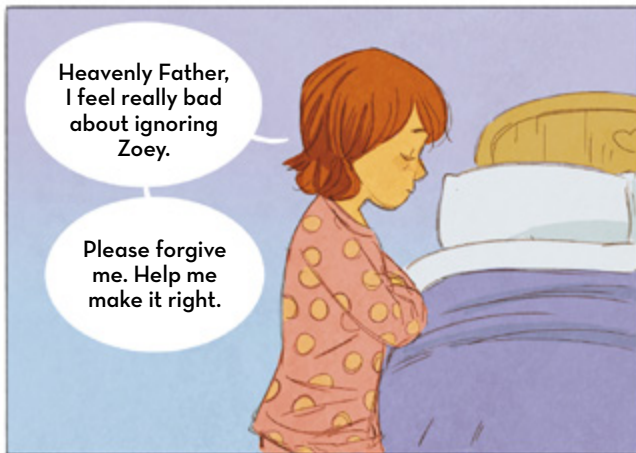


N



O

MATT AND MANDY



FUNSTUFF ANSWERS

Page 10: friendship

Page 37: A-11; B-9; C-12; D-10;
E-14; F-1; G-7; H-2; I-13; J-5;
K-15; L-6; M-4; N-3; O-8



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ3 and 20!
The August level 3 ring was
on page 18.

Through Your Eyes



Seeing the sunset makes me thankful that
God made the sunset and the world.

**Miriam P., age 7, Bosnia and
Herzegovina**

How to Write to the Friend

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

1. Fill out the form below and send it in with your story or artwork.
2. Send a school picture or high-resolution photo.
3. We might edit your submission for length or clarity, and we can't return it to you.
4. You must be at least three years old.

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

May the Friend contact you
with a survey?

☐ Yes ☐ No

The following information and permission must be included:

First and last name

Age

Boy/Girl

State/Province, Country

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

Signature of parent or legal guardian

Email of parent or legal guardian



To read more,
close the magazine
and flip it over!

OOPS! Last month we said Elder
Christofferson's birthday was in August.
His birthday is January 24, 1945.

The Last Laugh

Excuse me, ma'am.
Before takeoff, could you
please tie this to the back
of the plane?



Like to draw
cartoons? Why not share
one with the Friend?

Hey, I think I'm
a cartoon!



THE *Friend* JUNIOR



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones



Pick one,” you say.

“I pick all of them,” your young child answers.

Young children need help learning to make choices. And they learn best by watching, playing, and practicing.

Remember it’s OK to let children make choices when the consequence won’t be dangerous, like going outside on a cool fall day wearing summer sandals. Sometimes experience can be the fastest teacher.

How to help children choose:

■ When helping your little ones choose, give them just a few options so they don’t get overwhelmed. Offer a most favorite and a least favorite to make the choice easy at first.

■ While reading books together, point out the choices characters make. Take turns guessing what might happen next because of those choices. You can also do this with scripture stories.



■ Talk about choices at the grocery store: “I’m choosing between these two breakfast cereals. I think I’ll pick the one that’s better for our bodies.”

■ Use two colors of paper to make two paths on the floor. Invite your little one to follow the color she likes best. Add forks in the path so she can choose more than once.

You can read past letters at
FriendFPLOlds.org.



“In the morning when I wake,
before I work or play,
always I remember
to kneel and softly pray.”
—*Children’s Songbook*, 25

Blair Chooses the Right

By Jennifer Maddy



Blair will choose the right today!



Her fingers want to play, but they help instead.



Her feet stay still in sacrament meeting.



In Primary, her ears listen.



Her hands help clean up.



Blair likes choosing the right!

Two Little Feet



Two little feet to run and play.



Two little legs to help all day.



Two little hands to choose the right.



Two little arms to hug goodnight!

Jesus Visits the Nephites

When Jesus lived on the earth, He healed people who were sick or hurt. He taught people how to pray. He blessed the children.



He called 12 Apostles and gave them the sacrament to help them remember Him. Then Jesus died and was resurrected.



After He was resurrected, Jesus went to visit the Nephites, who lived across the ocean.

He called 12 disciples and gave them the priesthood. He healed people who were sick or hurt. He taught people how to pray. Everyone bowed down and worshipped Him.





Jesus told the Nephites to bring their children to Him. He prayed, and then He blessed each child. Angels came to visit them.

Jesus gave the Nephites the sacrament so they would always remember Him. ◆



COLORING PAGE

I Can Help My Family



Super Spencer



By Jenna Koford
(Based on a true story)

Spencer found a note in his brown paper bag at lunchtime. It was from Mom. The note said, “You are a super smart boy.” He looked at the words and smiled.

His friends took the note and read it. They said, “No, you are a super silly boy.” They laughed at him. Spencer felt sad. When he got home he told Mom what happened. She felt sad too.

“Words can hurt,” Mom said.

“But they can also make people happy. You can always choose to use kind words.”

Spencer didn’t want to go to school the next day. He didn’t want his friends to laugh at him. Mom drove him to school.



“Try using your words to make someone else happy,” she told Spencer. “Go say something kind to that teacher standing by the front doors. See what she does.”

He looked at the teacher. He thought for a minute. Then he jumped out of the car. He didn’t know the teacher, but he wanted to use kind words. “I hope you have a great day!” he said.

The teacher smiled. “You made my day!”

Spencer felt great. He felt the power of good words. He walked to his classroom with a smile on his face. He colored at his desk. His friends didn’t laugh at him at lunchtime. But even if they had, Spencer knew he could choose to use kind words.

After school Mom picked him up. She asked him what he learned that day. “Good words can make someone’s day better,” he said.

“I want to be kind to someone every day.”

Mom smiled. “You are a super good example.” ♦

The author lives in California, USA.

