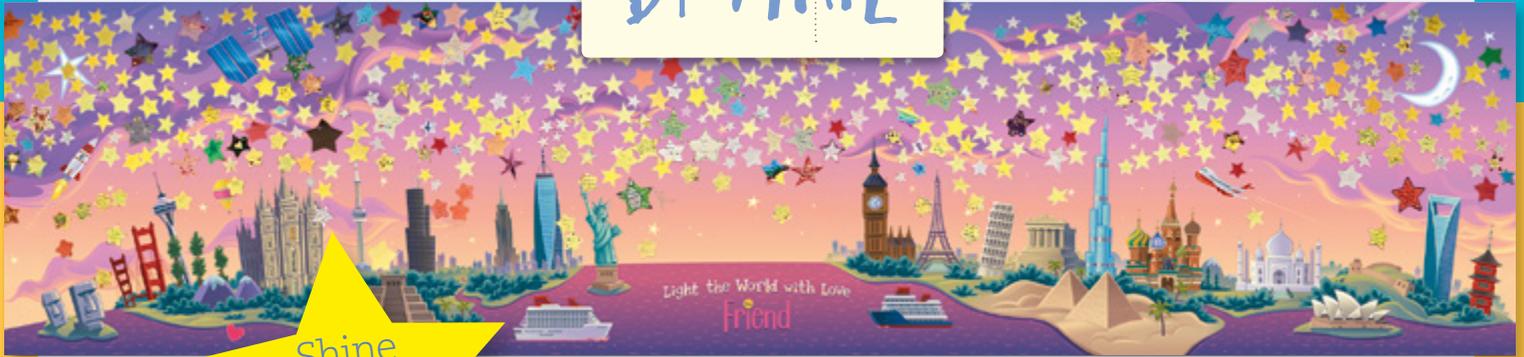


# the Friend



Send Us a  
**STAR!**  
See pages 13, 27, 39

# FRIENDS BY MAIL



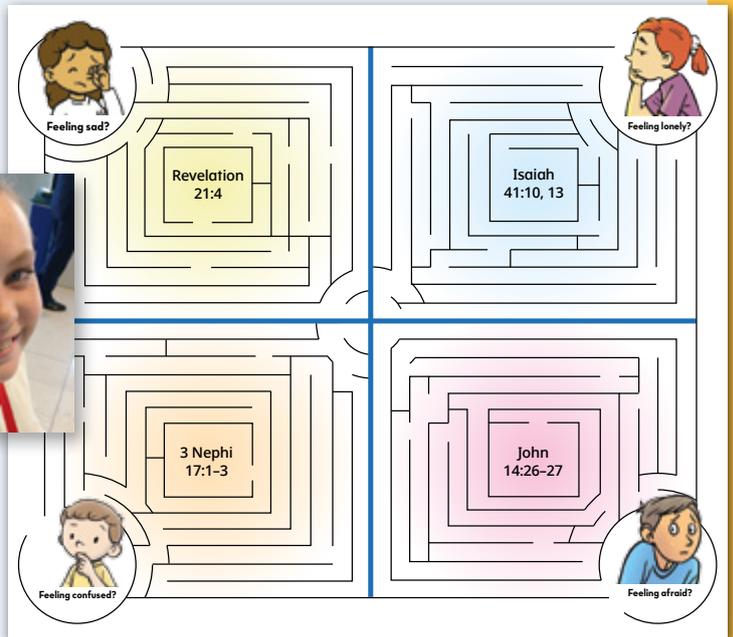
Shine  
Your  
Light!

Thanks for sending in your stars! Keep them coming.  
Turn to page 39 to see how.

## Feeling Peace and Love from Heavenly Father

Some of my friends have gone into Young Women, leaving me and another one of my friends behind. After the other girl turns 12, and when she leaves, I won't have any of my friends in Primary with me. It makes me feel kind of sad and lonely.

I read the *Friend* from January 2017. On one page, it had mazes and pictures of people feeling different emotions like confusion and being afraid, with



### DEAR FRIENDS,

Helping. Serving. Showing kindness. Every day Jesus did these things. And every day we can too! Find out the special way a boy named Lui helps people who don't have enough to eat (page 12). And read about how Kaela found a way to be kind online (page 32). What do you do to help others?

Always be kind!

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.

scriptures in the middle of each. I looked them up, and I prayed. Before I saw this, my heart was hurting a bit. But afterward, I felt peace and love from Heavenly Father. I have underlined those four verses, and I keep them with me in my heart.

Thank you for printing that. It made me feel loved and peaceful and that everything was going to be OK. I'm sure that the feeling has happened to others as well.  
Robyn G., age 11, Utah, USA

Feeling sad, like Robyn was?

Go to page 24 for the "Feelings First-Aid Kit"!



● **Primary Connection** Find stories and activities to go with this month's sharing time theme and lessons. Find more at [lessonhelps.lds.org](http://lessonhelps.lds.org).

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**Front cover by Ben Simonsen**  
**Back cover by Liz Goulet Dubois**

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## Hidden GTR Rings



**Hard:** See if it sticks.  
**Harder:** Happy birthday!  
**Hardest:** Cartography

## Volume 48 Number 9 September 2018

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By President  
Dallin H. Oaks

First Counselor in the  
First Presidency

# Keep Paddling!



Life is like being on a river. Our eternal goal, to return to our Heavenly Parents and live happily with Them forever, is upstream. We paddle toward this eternal goal by making good decisions. We do good things over and over again, like reading scriptures, praying, and going to church. We need to keep paddling every day by trying to do what's right.

Bad things in the world try to take us downstream, away from our goal. Alcohol, tobacco, drugs, pornography, and gambling are a few dangers we have been warned about.

It helps if we are part of a team that is paddling together, like a rowing crew. Who is on your rowing crew? Your family is on your rowing crew. Your Primary teachers and Church leaders are on your rowing crew too. You will be blessed by listening to them. Jesus Christ is helping your rowing crew.

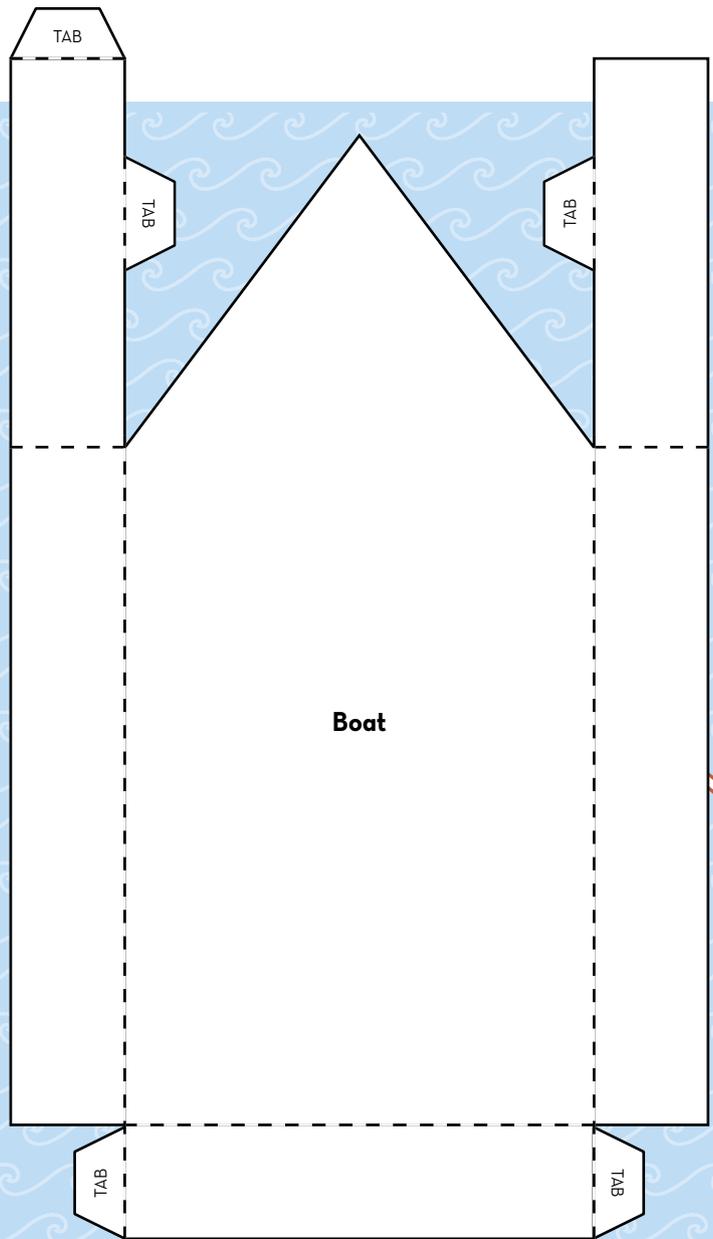
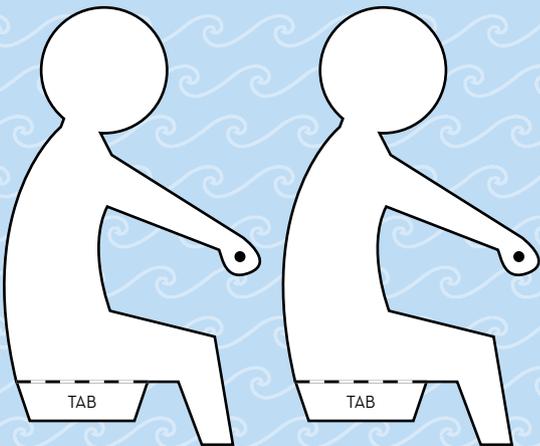
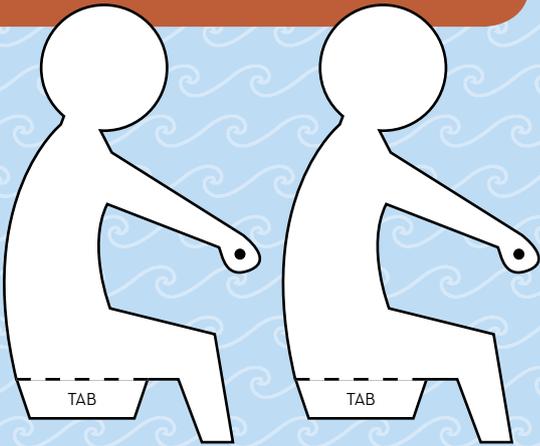
I have been blessed by the teachings of Jesus Christ. Jesus has given us His Atonement, His gospel, and His Church. I testify that this is true. Keep paddling! ●

*Adapted from "Small and Simple Things," Ensign, May 2018, 89–92, and "The Gospel in Our Lives," Ensign, May 2002, 33–35.*

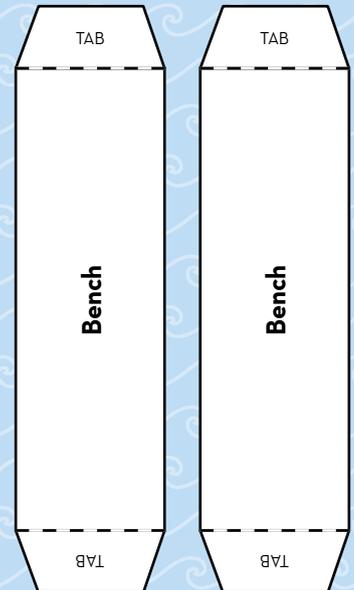
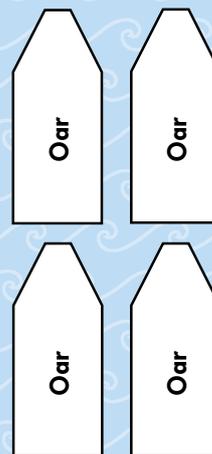
# YOUR Rowing Crew

President Oaks said each of us has a rowing crew. They are people who help us make good choices. Draw who is on your rowing crew. Then glue this page on heavy colored paper and cut out the pieces. Fold along the dashed lines, and glue or tape down the tabs.

**You are loved!**  
We are all cheering for you!



Glue or tape toothpicks to the oars. Then push the other end in the circle on the rower's hand.





# MAP CHAMP

**By Linda G. Paulsen**

(Based on a true story)

*"We believe in being honest" (Articles of Faith 1:13).*

**L**indi loved the map game—the whole class did. Right now, her classmate Jason was standing next to Ms. Werner, their teacher. He was staring at a big world map hanging on the wall. He had won three rounds already.

"Ashley," called Ms. Werner. Ashley skipped up to the map, giggling. *She's going to lose*, thought Lindi. *She's not paying attention to the map*. Sure enough, almost before Ms. Werner could finish saying, "The Black Sea," Jason's finger poked the map, right on the Black Sea. Ashley shrugged her shoulders and skipped back to her seat.

"Jason rocks!" Matt yelled. Other kids started chanting, "Ja-son! Ja-son! Ja-son!"

Soon Jason had beaten two more challengers.

Jason was on his way to becoming the Map Champ! Lindi thought she knew Jason's secret to success: he never took his eyes off the map.

Then Ms. Werner called, "Lindi!"

Lindi stood up and walked toward the front of the class. Megan gave her a high five as she passed her desk. Lindi tried to forget about everything else as she stood next to Jason and scanned the map. *Focus!* she told herself. *You can do this.*

Jason and Lindi both stared at the map. Out of the corner of her eye, Lindi could see Ms. Werner open her mouth to say something. But just then, a bunch of kids started shouting.

"Ja-son! Ja-son!"

Jason's finger shot out and hit the map. "I win!" he said.

Lindi's mouth fell open. What had just happened? "I didn't hear!" she said. She turned to Ms. Werner. "I really didn't hear what you said."

Ms. Werner looked at Lindi. Lindi looked at Ms. Werner. She wondered what Ms. Werner was thinking.

The chanting faded. "What's going on?" someone asked

Megan spoke up. "Lindi didn't hear. Everyone was making too much noise. It wasn't fair." This time Jason's mouth dropped open.

"She just said that 'cause she doesn't want to lose!" Matt said.

Lindi's stomach felt tight and sort of queasy. *It shouldn't matter so much*, she thought. But it did matter. The truth mattered.

Soon the whole class was quiet and waiting to hear what Ms. Werner would decide.

"I have never known Lindi to lie," Ms. Werner said firmly. "If she says she didn't hear, then she didn't hear. We'll have a rematch." She smiled at Lindi.

The tight, queasy feeling drained away. *It really does pay to be honest*, she thought. *People notice*. Lindi smiled back at Ms. Werner.

The class was quiet now, and she turned to the map. Jason faced the map too. *Anything can happen*, Lindi thought. *We're both ready this time*.

"Lisbon," Ms. Werner said.

"There!" Lindi quickly stabbed her finger onto the map. Jason's finger nearly poked the back of Lindi's hand. He was *that close* to winning again. But Lindi's finger was already there.

"You did it!" Megan squealed.

"No way!" Matt shouted.



Jason turned to Lindi. "You won, fair and square." Lindi couldn't help but grin.

Then she faced the map again because Ms. Werner had called up the next challenger. It was time to focus! ●

The author lives in Utah, USA.



At school, a boy and my friend got into a fight. My teacher asked what was going on, and they told her a lie. She asked me what happened. I was going to tell a lie so that my friend wouldn't get in trouble. But I had a bad feeling, so I told her the truth. After, she said I did the right thing.

**Caitlyn T., age 9, North Carolina, USA**

# Family Night FUN

Here's an idea for family home evening. What other ideas can you come up with?

## Honesty Jars

Read “Map Champ” on page 4. The more honest we are, the more others can trust us. Make these honesty jars with your family.

1. Have each family member decorate a clear jar with ribbons, markers, paint, or whatever!
2. Keep your honesty jars where everyone can see them. Every time you do something honest—like admitting to a mistake or returning a lost toy—add something to the jar. You could use cotton balls, pom-poms, beads, or popcorn kernels. See how being honest builds others' trust in you over time!



## Apple-Pie Parfaits

We earn trust little by little when we do good things. Make these parfaits layer by layer to remind you to build up trust with others. Be sure to get an adult's help.

- 2 apples, peeled and cubed
- 1 tablespoon brown sugar
- 1/4 teaspoon cinnamon
- granola or crumbled graham crackers
- whipped cream or vanilla yogurt



1. Put the apples, brown sugar, and cinnamon in a saucepan. Add a few tablespoons of water.
2. Cook over medium heat, stirring occasionally, until the apples are soft.
3. Scoop some of the apples into jars or bowls. Add a layer of granola or graham cracker, and then add a layer of whipped cream or yogurt. Repeat until the dish is full.

## MORE IDEAS

Sing “I Am Like a Star” (page 27). Then send a star to the *Friend* telling how you were an example!



Use the “Feelings First-Aid Kit” (page 24) and talk about what you can each do when you're sad.

Is there a topic you'd like to learn about with your family? Go to [lessonhelps.lds.org](http://lessonhelps.lds.org) to find stories, activities, and media.

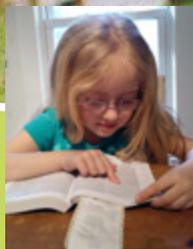
# Book of Mormon Reading Club

## JOIN IN BY READING THE BOOK OF MORMON!

You can read on your own, with your family, or with a friend. Then tell us about it! (See page 39 to find out how.)

### This month's scripture: Mosiah 2:17

“When ye are in the service of your fellow beings ye are only in the service of your God.”



I can read the Book of Mormon. I love it. Reading the Book of Mormon makes me feel happy.

**Amelia C., age 6, North Carolina, USA**



I just finished reading the Book of Mormon for the first time. My mom helped me. My favorite story is of the stripping warriors. I also love the Army of Helaman song. I want to be brave and faithful like them.

**Connor H., age 6, New Mexico, USA**

# A Real Hero

By Leah Thompson  
(Based on a true story)

*"I'm trying to be like Jesus;  
I'm following in His ways"*

(Children's Songbook, 78).

Jake could hear his little brother and sister arguing in the other room.

"Give it back! It's mine!" Jared shouted.

"No! I had it first!" Lily argued back.

*This sounds like a job for Super Jake!* thought Jake.

In his superhero cape, Jake ran down the hall. He saw Jared and Lily arguing over a new toy truck. Jake leaped onto the couch. He raised his arms straight into the air.

"Super Jake says no fighting!"

He jumped off the couch, pushed Jared, and grabbed the truck from Lily. He held it up high so they couldn't reach it. Super Jake had stopped the fight! He had saved the day! He was a *hero*.

So why were Jared and Lily crying?

"What's going on?" Dad said as he came into the room.

"Jake pushed me!" Jared said.

"And he took the truck!" Lily said.

Dad frowned. "Jake, is this true?"

"I'm Super Jake," he said. "I had to stop the fighting."

"So you were being a hero?"

"Yep! And heroes do whatever it takes to stop the fighting."

"Hmm," said Dad. He patted the couch for Jake to sit down. "You know that superheroes on TV and in movies aren't real," he said. "They're just pretend."

Jake looked at his cape and nodded. "Yeah. But I like to play like I'm a superhero."

"I know, and nothing is wrong with that," Dad said.

"But let me tell you about a real hero. He is the greatest hero ever. He has saved everyone."

Jake's eyes grew wide. "What powers does he have?"

"Well, he could walk on water, stop storms, and heal people who were sick."

Jake's mouth fell open. "Really? I bet he beat up a lot of bad guys!"

"Actually, he never hurt people. He taught them to be kind. He showed them how to love and help each other."

That didn't sound like any of Jake's favorite superheroes. But he did sound familiar.

"Dad," Jake asked, "are you talking about Jesus?"

Dad smiled. "Yes. Jesus Christ is *my* hero. He saved us all from sin if we repent. He set a perfect example for us to follow. And because of Him, we will all live again after we die."

"I *knew* that's who you were talking about!" Jake said. "I've heard some of those stories about Jesus before!"

"And those stories are true," Dad said. "Jesus Christ is real. He's not a made-up character. He lives! He is kind to everyone, and He wants us to follow His example."

"So I can be like Jesus if I'm kind to other people?" Jake asked.

"That's right! And I know you have what it takes to be a real hero!" Dad said as he ruffled Jake's hair.

Jake smiled. He knew what he needed to do. He went to Jared and Lily.

"I'm sorry for pushing you," he told Jared. "And I'm sorry for taking the truck," he told Lily. "Maybe we can all share it." They sat in a triangle and pushed the truck back and forth to each other.

Jake couldn't stop smiling. *Super Jake saves the day!* he thought. And this time, he felt like a *real* hero. ●

The author lives in Florida, USA.



**"Our model is not the latest popular hero of sports or entertainment. . . . Our model—our first priority—is Jesus Christ."**

President Dallin H. Oaks,  
First Counselor in the First Presidency

"Powerful Ideas," *Ensign*, Nov. 1995, 26.



Super Jake  
says  
no  
fighting!

# MIND Muscle!

Ready to give your brain some exercise? Answer the questions from start to finish for a healthy brain workout!



1. What is your favorite scripture story?
2. Name three gifts that can't be wrapped in a box.
3. If you could go back in time and share your favorite book or movie with somebody from the Book of Mormon, what would you share? Who would you share it with?
4. If you could ask a pet one question, what would it be?
5. What are five things you're thankful for?
6. How do you think Jesus would treat your friends if He spent a day with them? What can you do to be more like Jesus?
7. If you could share a picnic with anybody in the world, who would you choose? What would you eat?
8. You are heading to an island for two weeks. No electronics work there. The only entertainment you will have is what can fit in your backpack. What do you bring?
9. What's the nicest thing somebody did for you today? What's the nicest thing *you* did?
10. What are three things you love about your family?
11. What is the first thing you think of when you see a temple?
12. Name five awesome things about yourself!



**Look Closely**  
 This group of kids is getting lots of exercise by playing tag. Can you give your *brain* a little exercise by finding 12 differences between the two pictures?





**Christian B., age 7, North Holland, Netherlands**

Earlier this year my reading and writing buddy came to class feeling blue. She had made some mistakes on her math work. She said, “I’m useless.”

I was worried about my friend, so I told her all about Jesus and how He loves us. I told her how that means we are not useless! Then I sang “I Am a Child of God” to her. She loved it and asked me where I learned these things. I explained that my family goes to church every

week and that I learn a lot about Jesus in Primary.

That night she told her mom about our conversation. She asked her mom if they could come to church with my family. Her mom said yes!

My friend sat next to me in sacrament meeting that very Sunday! Now she joins me at church almost every week. She and her parents are learning more and more about the gospel of Jesus Christ from the missionaries and other families in our ward.

I feel very happy that I was able to follow the Savior’s example and comfort a sad friend. Whether or not her family decides to get baptized, the best part is that now she knows that God and Jesus love her, no matter what! ●

# No Matter WHAT!



# Caring and Coconuts

Mālō e  
lelei!

I'm Lui,  
and I shine my  
light by sharing  
what I have  
with others.

## A Big Island and a Big Family

I live on a big island in Tonga.  
I have six sisters and four  
brothers. We live close to the  
Nuku'alofa Tonga Temple.

1



3

### Sharing Our Food

My father grows crops, so we have plenty to eat. But many widows (women whose husbands have died) and other families don't have their own crops. So my parents take them some of our food. I like going along to help!



2



### A Science Lover

Our beautiful island has many plants and animals. I'm in class four at the Ocean of Light Primary School, and science is my favorite subject.

4



### Helping with Husks

The widows we visit use coconut husks to make fires to cook their food. When we take food to them, I remind my parents to take coconut husks too. I like to help get the fire going!



### Why I Help Others

Heavenly Father blesses me when I help others—not with money but with wisdom and knowledge. I love to help and share what I have with others.



### HOW CAN YOU SHINE?

- Take food to someone who needs it.
- Give food to a community food bank.
- Give clothing to a homeless shelter.



### SEND US A STAR!

Jesus asked us to "let [our] light so shine" (Matthew 5:16). How do you let your light shine? Send us a star with your story, photo, and permission. See page 39.



“The Savior said, ‘I will not leave you comfortless: I will come to you’ [John 14:18]. This is His promise to you. I know this promise is real. I know that He lives.”

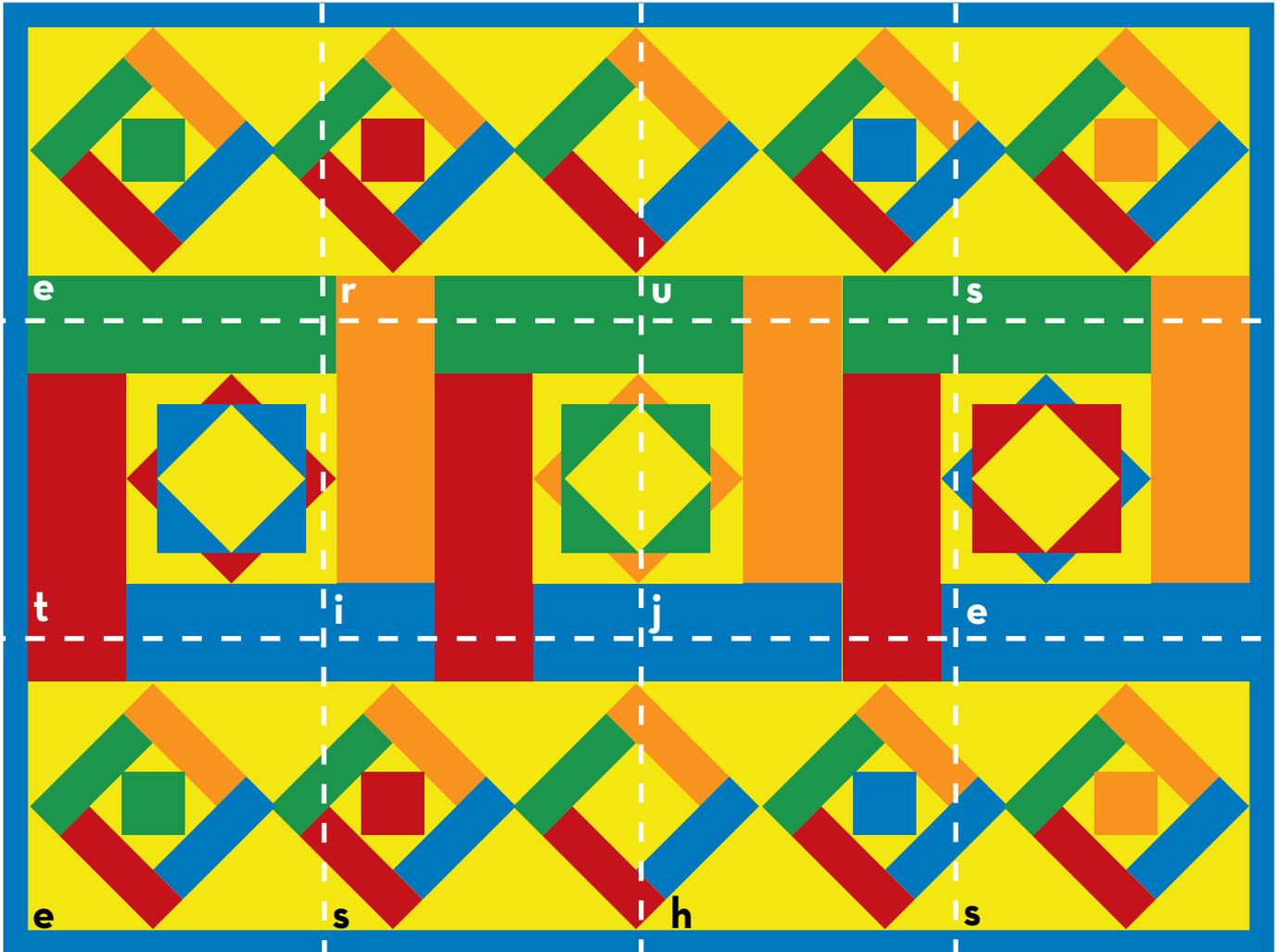
**By Elder Neil L. Andersen**

Of the Quorum of the Twelve Apostles

*“Spiritual Whirlwinds,” Ensign, May 2014, 21.*

# A Comforting Message

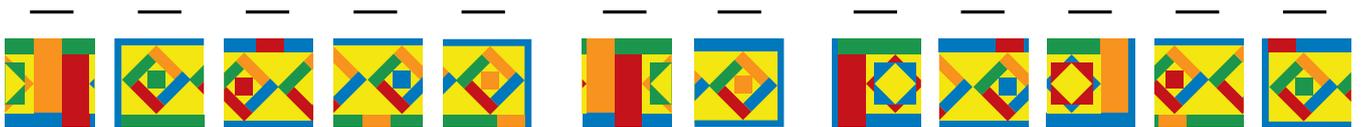
The Savior promised to comfort us when we feel alone or afraid.



A quilt is sometimes called a comforter. Use the patterns from this quilt to fill in the letters below.

See answer on page 39.

When you need comfort ...



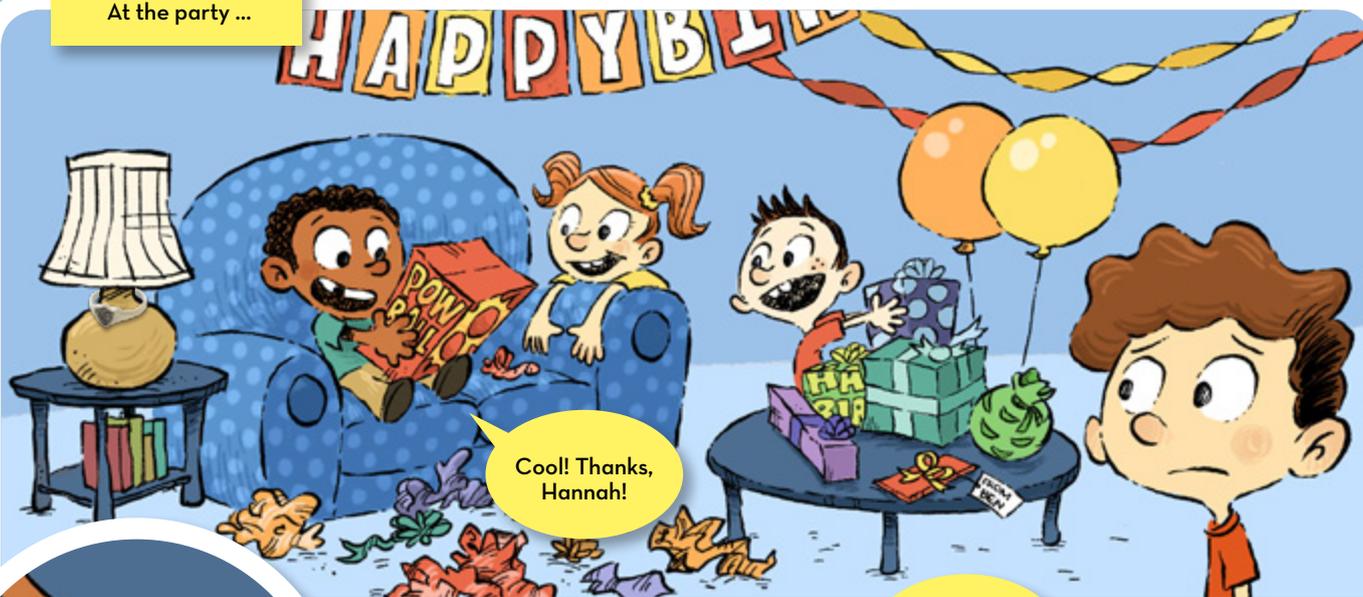
... to always bless you and help you.

# THE CANDY BAR

By Benjamin Rolph and Maryssa Dennis  
(Based on a true story)



At the party ...



Cool! Thanks, Hannah!



I LOVE these! Thank you, Ben!

Really?

Yeah, they're my favorite!

Thanks for coming to my party! I'm glad we're friends.

Mom was right! Friendship is the best gift of all.



**"True friendships are based on love of God and sharing that love with others."**

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

*"Thy Friends Do Stand by Thee"* (Church Educational System fireside, March 7, 2010), [broadcasts.lds.org](http://broadcasts.lds.org).

# Learn to Index

You might have heard people talk about “indexing.” Indexing is looking at handwritten records, like birth certificates, and typing the information into a computer program. That makes it easier for others to find out about their family! Practice indexing by doing the activity below.

## Birth Certificate

This certifies that Jane Parke

was born to Lavinna Coltrin  
(mother)

and Charles Parke  
(father)

On 19 September 1861 In Carson City, Nevada, USA

Signed Dr. Thomas Ridgefield

Draw a line from each question to the answer on the certificate:  
.....

Who was born?

Who was her father?

Who was her mother?

What was her birthdate?

Where was she born?



Don't forget to cut out your badge and add it to the badge keeper from January! Print past pages, or extra copies of this page, at [FriendFHQ.lds.org](http://FriendFHQ.lds.org).

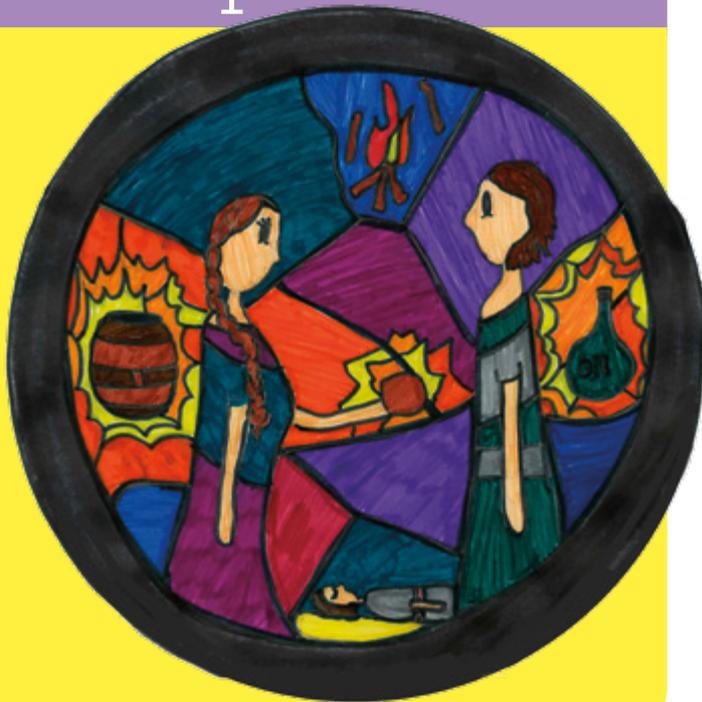
### INDEXING ON FAMILYSEARCH.ORG

When you're on FamilySearch.org, look for the “indexing” button. Ask your parents to help you try indexing. It's a great Sunday activity!

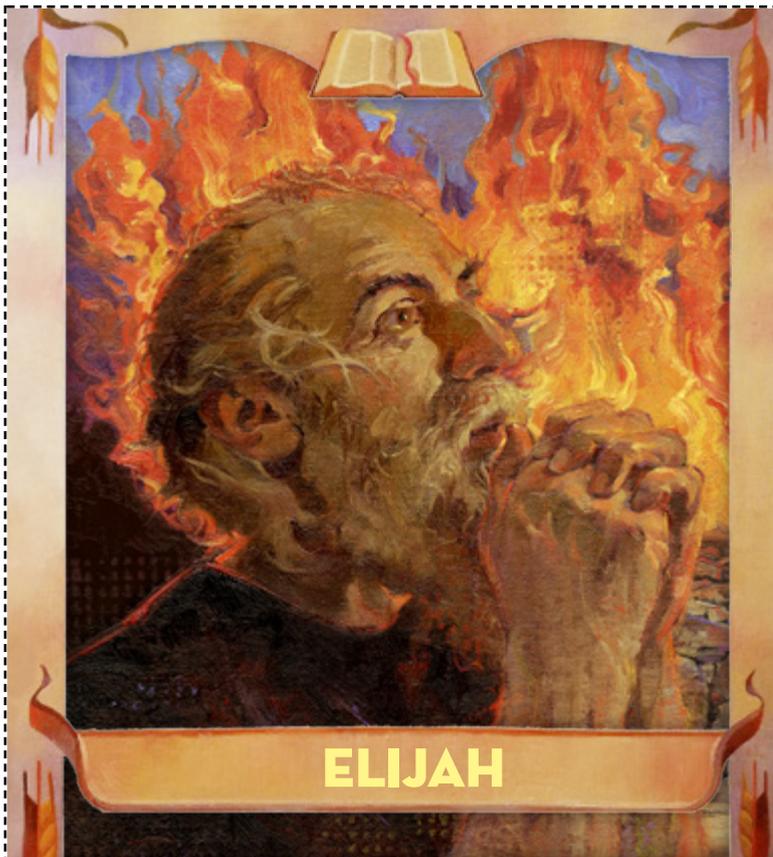
# Elijah Was a Prophet

**E**lijah was a prophet. With God's help, Elijah performed many miracles. When there was a famine and a woman fed Elijah, he blessed her so that her food never ran out. And God helped Elijah bring the woman's son back to life. Elijah asked God to set an altar on fire to show people that God was more powerful than idols. Elijah also held the priesthood keys of the sealing power. In 1836 Elijah gave that power to Joseph Smith. This power allows families to be sealed together forever.

**Read about Elijah in 1 Kings 17-2 Kings 2.**



Print more cards at [OTFriend2018.lds.org](http://OTFriend2018.lds.org).



**Elijah was a prophet who taught and helped people.  
I can trust and listen to the prophet today!**

- Memorize 1 Kings 17:24.
- Watch chapters 33-36 of the Old Testament stories at [scripturestories.lds.org](http://scripturestories.lds.org).
- Sing the Primary song "Follow the Prophet" (*Children's Songbook*, 110-11).
- I can follow the prophet by...

---



---



One day I wanted to sit by a bully at school to be friends with her. She yelled at me to go away.

I wanted to get her back with my words. But I held my tongue and said, "It's OK. I'll sit by someone else." When I walked away, I felt good for what I did.

**Elijah V., age 12, Arizona, USA**



After we read a book at school, my teacher wanted to celebrate and have a tea party. It was fun. Then she

gave us tea. I thought about the Word of Wisdom, and I said, "No, thank you." I am happy I chose the right.

**Sarah S., age 9, Pennsylvania, USA**

**Guess Who? Haiku**  
I am a leader.  
I have two thousand young sons.  
My name starts with H.  
**Emmeline M., age 6, Aomori, Japan**



I needed some help delivering my school captain speech because I was really nervous. So I said a private prayer. I ended

up delivering my speech well and was voted school captain!

**Lockyer L., age 11, Queensland, Australia**



**Ariana B., age 9, Utah, USA**



**Lisa S., age 10, Phnom Penh, Cambodia,**

always looks for ways to serve at church. She looks for little children who need comfort or those who may feel alone. She passes out hymnbooks so that everyone can sing.



**Josiah S., age 7, California, USA**





Helping cleaning your chores. Helping people that is hurt. helping people that is ~~poor~~ poor. Being!!! helping!

**Lucky and Ellis K.,**  
ages 9 and 10, Hawaii, USA



I didn't want my school photo taken. I cried that morning because I thought the other girls would look prettier than me. They would be wearing dresses, and I didn't have a school dress. When I got to school, I started feeling sad again. But the Holy Ghost comforted me, and I took a great school photo!

**Kate W., age 10, Idaho, USA**



I worked really hard to learn the Articles of Faith. I practiced every day by saying them over and over with my

family and by listening to the songs in the *Children's Songbook*.



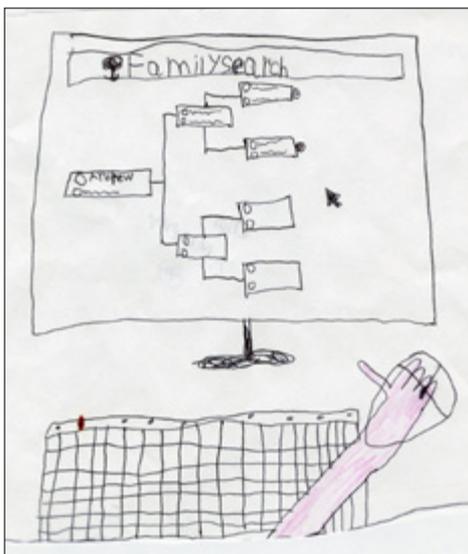
After watching my five older brothers be baptized, I longed for my baptism day. I felt very happy when it was my turn to make my baptismal covenant!

**Juan Jose O., age 8,**  
Valle del Cauca, Colombia



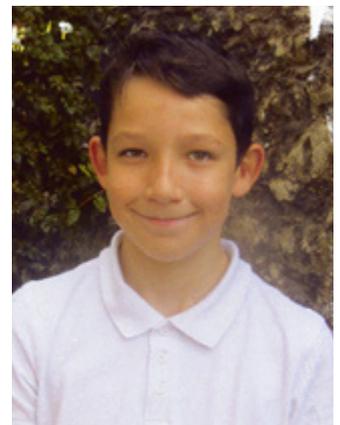
I help lead the music for church and at home for family home evening.

**Olivia M., age 9,**  
Lusaka, Zambia



**Andrew V., age 10, Arizona, USA**

**Alfie R., age 12, Somerset, England,** always helps out! He filled in for a girl who couldn't go to the Primary presentation practice. He was a good sport and read her words about wearing a modest dress.





By Elder  
Joaquin E. Costa  
Of the Seventy

# SAFETY from the STORM



ILLUSTRATION BY BARBARA BONGINI

*“Whoso hearkeneth unto me shall dwell safely, and shall be quiet from fear of evil” (Proverbs 1:33).*

I grew up in Argentina. I was not a member of the Church when I was young. But my family kept a Bible on our shelf. It was large and had beautiful pictures. We didn’t read it together very often. But I loved to look through its pages and see the pictures and stories.

My favorite was the story of Noah. I loved seeing Noah, the flood, and the animals. I liked how the ark kept Noah and his family safe from the storm.

Years later, I was baptized into the Church, got married, and had my own family. One night in family home evening, I talked about how Noah’s ark and our home

were alike in many ways. Each provided safety from the scary storms of the world.

I learned something about Noah. He received the priesthood when he was only 10 years old! As he grew, he saw all the wickedness in the world. But he stayed worthy. He built the ark to save his family. Heavenly Father helped them be safe.

Sometimes we see scary things happening in our world. But we can find safety from the storm. We can prepare like Noah did. We can choose to obey God. We can make our homes a spiritual safe place.

If we have faith in Heavenly Father, we don’t have to be afraid. Because of Him, we can feel peace, no matter what storms come our way. ●

# Your OWN Ark

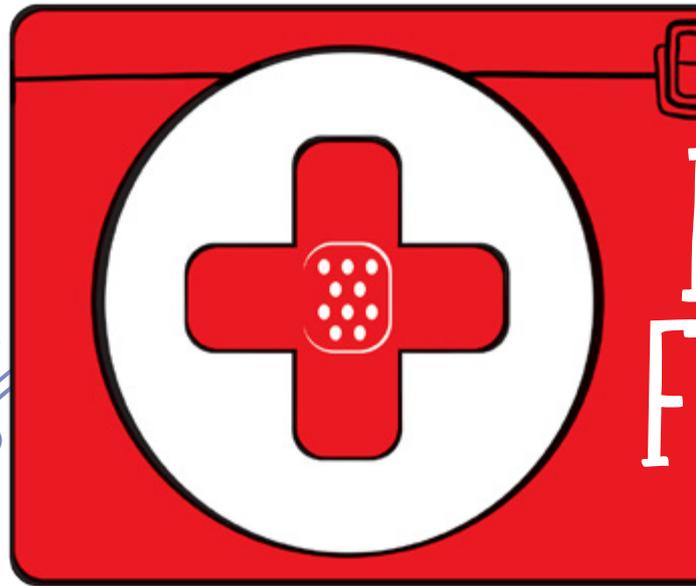
You can make your home a place of safety from life's storms, like Noah's ark.

Connect the dots to finish the picture.



ILLUSTRATION BY BRADLEY CLARK

*Tape the label on an envelope and fill it with the pieces on this page. Read them the next time you are hurting. Remember that you are important and loved!*



**1**  
It's OK to cry when you feel sad. Sometimes it can help you feel better.

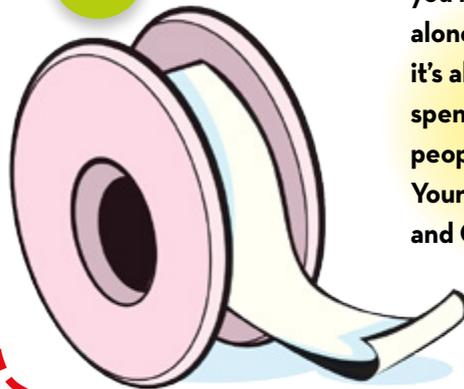
Even Jesus cried after His friend Lazarus died.

(See John 11:35.)



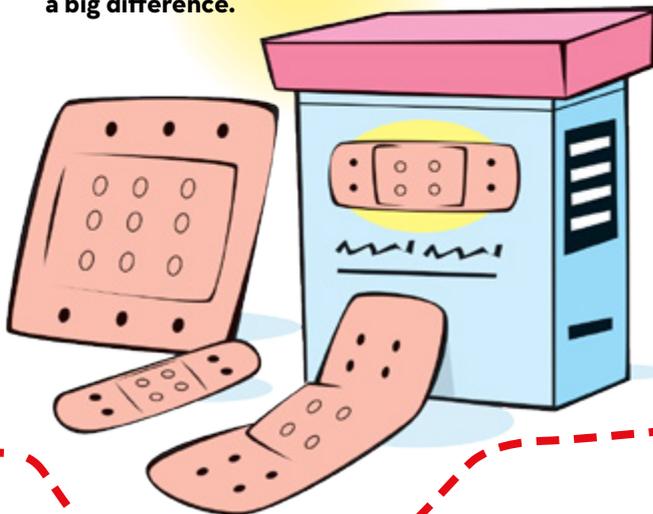
**2**

When you feel sad, you might want to be alone. That's OK. But it's also important to spend time with people who love you. Your family, friends, and Church leaders are cheering you on!



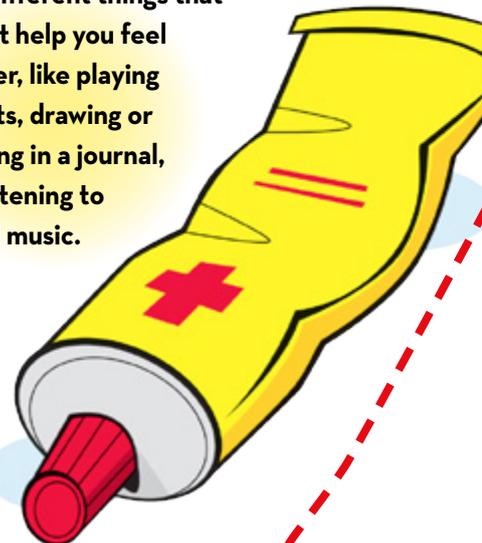
**3**

Do things that help your spirit heal. Go to church. Read your scriptures. Pray and tell Heavenly Father how you feel each day. These little things can make a big difference.



**4**

Try different things that might help you feel better, like playing sports, drawing or writing in a journal, or listening to good music.



# FEELINGS First-Aid Kit

By Marissa Widdison  
Church Magazines

5



If something you watch or read makes you feel sad or scared, stop watching or reading it. If someone is hurting you, tell a grown-up about it right away. Keep telling people until someone helps you.

6



Please ask for help when you need it. Talk to people who can help you, like a parent, teacher, Church leader, or doctor. And, of course, you can always talk to Heavenly Father.

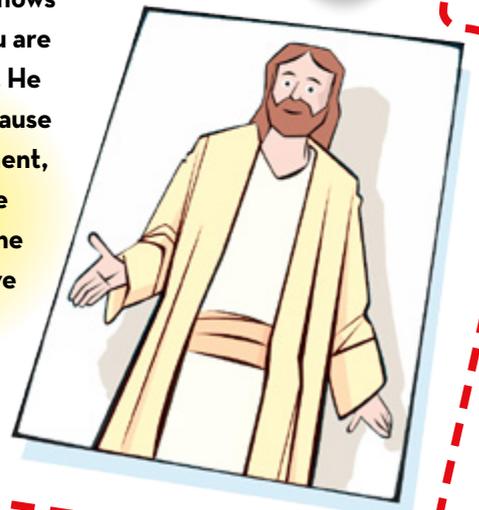
7



If you don't feel better right away, don't give up! God has promised that He will "wipe away tears from off all faces" (Isaiah 25:8). He has promised to send us comfort if we follow Him, even if things don't get better right away.

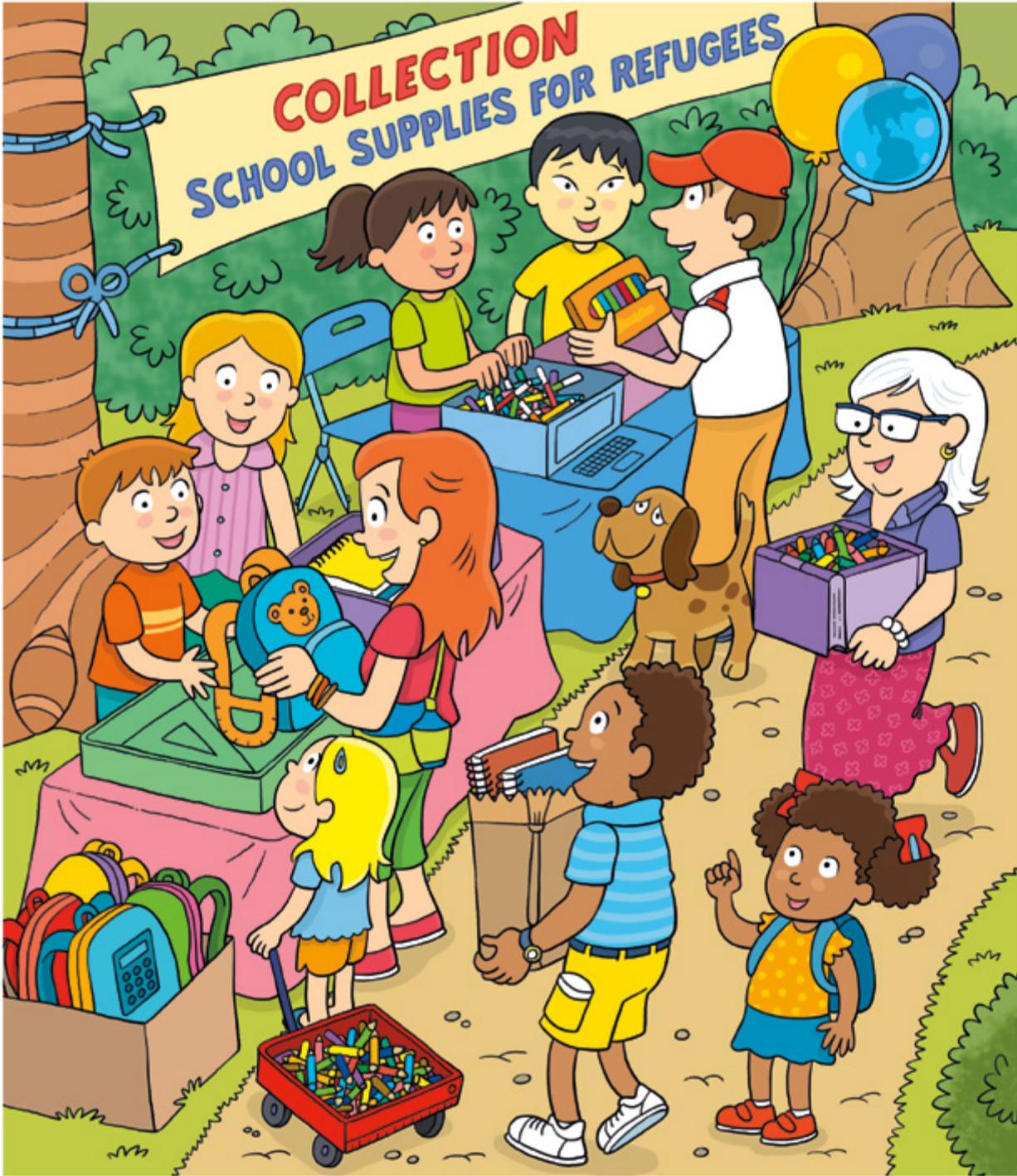
8

Jesus Christ knows everything you are going through. He loves you. Because of His Atonement, we will each be resurrected one day and receive a perfect, healthy mind and body.



# Find It!

This group of friends helped collect school supplies for refugees who recently moved to their area.  
Find the hidden objects.



# I Am Like a Star

(Simplified)

*Cheerfully* ♩ = 88-100  
*Play right hand one octave higher than written.*

Words and music by Patricia Kelsey Graham

The musical score is written in 4/4 time and consists of four systems. Each system has a vocal line and a piano accompaniment line. The piano part uses a simplified fingering system with numbers 1-5 on the right hand and 5-2-1-2 on the left hand. Chord symbols are placed above the vocal line.

**System 1:** Chords: C, G7. Lyrics: I am like a star shin - ing bright - ly,

**System 2:** Chord: C. Lyrics: Smil - ing for the whole world to see.

**System 3:** Chords: F, C, Dm, A. Lyrics: I can do and say hap - py things each day, For

**System 4:** Chords: Dm, G7, C. Lyrics: I know Heav'n - ly Fa - ther loves me.

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Grace Vlam was a nine-year-old girl living in Holland in 1940, during World War II. Nazi Germany had just begun attacking Holland.

## BOOM! BOOM!

It was three o'clock in the morning, and the city was being bombed. One minute Grace had been asleep in her bed, and the next, Dad was telling everyone to get under cover. Now Grace was huddled under the kitchen table with her dad, mom, and younger brothers, Heber

and Alvin. She could hear the rumble of explosions and glass shattering outside. It was so loud!

"What's going to happen to us?" Grace asked Dad.

Dad stroked her hair. "I don't know," he said. "But let's say a prayer."

The Vlam family held each other close.

"Dear Heavenly Father," Dad prayed, "please keep our family safe."

After a while, the noise quieted down. There were no more explosions. They were safe!



*"Whatever happens, God will take care of our family," Mom said.*

# A Voice of PEACE

By Megan Armknecht  
(Based on a true story)



Mom took Grace's hand and smiled at her. "Remember when we were sealed in the temple?"

Grace nodded. When they had moved from Indonesia to Holland, they were able to stop in Utah and be sealed in the Salt Lake Temple.

"Whatever happens, God will take care of our family," Mom said.

The next day, Grace heard air-raid sirens when she was outside on the city plaza. She looked up and saw planes above her head, with little black things falling

from them. She stood there, staring, her mouth wide open.

A man started shouting at her. "Run! Those are bombs!"

Grace raced home, her heart pounding as she finally made it safely through the front door.

A few days later, the Nazis—who were the government leaders of Germany—officially took over Holland. Because Dad had been an officer in the Dutch military, the Nazi officers watched him carefully. Sometimes the Nazis took people who had been military officers as prisoners.

*But that won't happen to Dad, Grace thought. We're members of the Church, and Dad is a leader in the mission presidency. God will protect him.*

After the bombings, the Vlam family had to leave their city. One day at her new school, Grace heard other students whispering.

"Some people were taken prisoner today!"

"Will they ever come back?"

Grace was scared. Was Dad OK? She ran home as fast she could. As she burst through the door, she saw Mom in the hallway.

"Is it true?" Grace asked. "Is Dad gone?"

Mom didn't say anything, but Grace knew from Mom's sad eyes that Dad had been taken away. He was a prisoner of war. Grace leaned against the wall. She was too afraid to even cry.

*What do we do now?* she wondered.

At that moment, Grace heard a voice say, "You will see your father again." The voice was calm and clear.

Grace knew it was the voice of the Holy Ghost. It made her feel a little better.

She didn't know exactly what would happen, but she did know that Heavenly Father would take care of her and her family. ●

*To be continued . . .*

The author lives in New Jersey, USA.



# MATT AND MANDY



# for older KIDS



## DEAR JOURNAL

Write about the funniest thing that ever happened to you.



## QUICK QUIZ

Who conferred the Aaronic Priesthood on Joseph Smith?

- Joseph Smith, Sr.
- John the Baptist
- Oliver Cowdery
- Peter, James, and John

See page 39.

## DRAW IT!

Draw a car from the number 4.



## BRAIN TEASER

What runs but never walks, murmurs but never talks, has a bed but never sleeps, and has a mouth but never eats?

See page 39.



## SECRET SERVICE

- Take your neighbor's trash can back after trash is collected.
- Say thank you to a police officer, librarian, or teacher.
- Use a dry-erase marker to write a nice note to your family on the mirror.



I recently moved, and it was hard to leave my home and friends. Before I left, I did baptisms in the temple. I felt a lot of peace. The Spirit filled the room with joy. I will never forget those feelings. I am excited to go to the temple again. I am glad the Church is the same no matter where we live. It brings me peace even when things are hard.

**Daniel K., age 12, Utah, USA**

# Cyberbash

Was it too late to do something kind?

**By Katrina Dart McPheters**

(Based on a true story)

*“A friend loveth at all times”*

*(Proverbs 17:17).*

As soon as she got home, Kaela couldn't wait to check her mom's phone. Her friends always posted pictures of cool clothes, fun vacations, and cute animals.

*Click. Scroll. Click.* She clicked on heart after heart to show she liked everything her friends were doing: skating at the park, baking a chocolate cake, burying their toes in the sand. One picture made Kaela giggle when she saw it. She couldn't help it! It was a picture of her friend Chandry. She looked like a squirrel, with her cheeks full of cereal, and milk spilling onto her shirt. Chandry was so fun and goofy. Kaela scrolled down to add a laughing emoji.

But then she saw the comments.

As she read them, Kaela felt sick. “Fat,” one said. “Ugly,” said another. “Chandry needs to go on a diet.” “A new walrus for the zoo.” One comment was even full of swear words.

*Poor Chandry!* Kaela thought. *How could anyone write these things?* She had heard of people being



bullied online, but she never thought it would happen to her friend.

She shut off the phone and put it on the table. Then she went to her room and knelt down.

She told Heavenly Father everything she felt and how she wished those words weren't there. But there was no way to undo what others had said. *Heavenly Father*, she said. *Please help me know how to help Chandry.*

Soon a song filled her mind. *Jesus said love everyone, treat them kindly too.* Peace warmed her heart. Even though the mean words had already been written, Kaela could still be kind.

She borrowed the phone again and sent a direct message to Chandry.

*Chandry, I saw the posts online today. I hope you know I don't agree with anything they said. You are a great friend to me, and you are beautiful. God loves you. Don't believe what those bullies say.*

*Love, Kaela*

Later, Kaela was helping Mom with the dishes. "Can we talk?" Kaela asked.

"Sure. What's up?"

"Some people are being mean to Chandry online," Kaela said. She dried her hands and pulled up the

picture on the phone.

Mom frowned. "That's so sad! Do Chandry's parents know?"

"I don't know." Kaela pulled up her message to Chandry. "I sent her this, though."

Mom read the message and hugged Kaela tightly. "She's lucky to have a friend like you. Thanks for telling me about this. I'm going to call Chandry's parents. It's hard to deal with bullying by yourself."

Kaela smiled, feeling very grateful for prayer and the song she had remembered. She knew Jesus wants everyone to be kind. That means online too. ●

The author lives in Utah, USA.



### WRITE AND TELL US!

What else could Kaela do to help her friend? Send your ideas to us at [friend@ldschurch.org](mailto:friend@ldschurch.org).

Sometimes kids say mean things about other people online, including me. What should I do?  
 —Bothered in Boston

## Dear Bothered,

Heavenly Father wants us to be kind to all of His children—including online. If you get a mean message, talk to a parent or teacher for help. You can also tell your Heavenly Father. He loves you and knows your true worth. If you see someone being bullied online, defend them, compliment them, and love them. You can make a difference!

Love,  
 The Friend

### What would YOU do?

1. You hear kids making fun of a picture your friend posted.
  - a. Act like you didn't hear what they were saying.
  - b. Make a kind comment on the picture.
  - c. Join in and start laughing at the picture too.
2. A classmate tells a mean joke about you online.
  - a. Post embarrassing stories about them online.
  - b. Tell an adult, but still be kind to the classmate.
  - c. Tell your teacher a lie to get them in trouble.
3. In a group message, someone insults a boy you know.
  - a. Say something nice that you noticed about him.
  - b. Reply with a laughing emoji.
  - c. Start talking bad about another kid instead.

Check the best answers on page 39.



ILLUSTRATIONS BY BRAD TEARE

### WHAT'S ON YOUR MIND?

Do you have a question about the gospel, growing up, or getting a testimony? Email us at [friend@ldschurch.org](mailto:friend@ldschurch.org) and put "What's on Your Mind?" in the subject line. Don't forget to include the permission statement on page 39. We're excited to hear from you!

## Friendship Cookies

Invite friends or family members to bring favorite mix-in ingredients. Enjoy trying other people's favorites! You could also deliver a sweet surprise to someone in your class or neighborhood.

- 1 cup softened butter or margarine
- 3/4 cup brown sugar
- 3/4 cup white sugar
- 2 eggs
- 1 teaspoon vanilla or almond extract
- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt

1. Mix the butter and sugar together. Add the eggs and vanilla and beat until smooth and creamy.
2. Mix the dry ingredients in another bowl. Pour them into the butter mixture and mix until combined.
3. Give each friend some dough in a small bowl. Have them each add 1/2 cup of their favorite mix-in.
4. Use a spoon to drop dough onto a cookie sheet. Cook for 9–11 minutes at 375°F (190°C). Your cookies will be as unique as your friends are!



### IDEAS FOR MIX-INS:

- Chocolate chips (white, milk, semi-sweet, etc.)
- Mint chips
- Crushed pretzel pieces
- Nuts (pecans, peanuts, pistachios, etc.)
- Dried fruit (cranberries, cherries, apricots, etc.)



## Getting to Know You!

Play this game to learn more about what makes your friends unique!

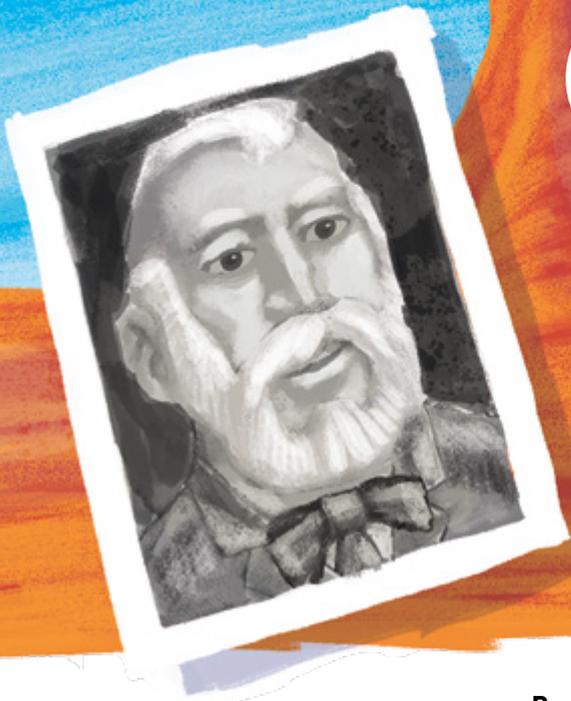
1. Write some get-to-know-you questions on pieces of paper.
2. Wad the first piece of paper into a ball, and use a rubber band to hold it together.
3. Wrap the second piece of paper around the ball. Add another rubber band. Keep going till you've added all the questions.
4. Sit in a circle with friends or family, and take turns taking off a rubber band and answering a question.

How did the two oceans become friends?

They kept waving at each other!



# Just Like Grandpa



*If William went to a new ward, he would have to leave his friends!*

**By Christine Merrill**  
(Based on a true story)

*“The Lord . . . doth bless those who put their trust in him”  
(Helaman 12:7).*

**W**illiam’s 12th birthday was coming. He couldn’t wait! There were six other boys in his class at church, and he was excited to be a deacon with them. It was nice to have so many good friends at church.

One day, the stake president came to William’s house. William heard him talking to Mom and Dad. “The Lord would like to call you to be the president of the sign-language branch,” he said.

William’s heart pounded in excitement. His family was going to go to a branch with

members who spoke sign language! He had been learning sign language at school. It would be fun to learn more. His little sisters were excited too.

But then, William’s heart sank. He thought about all his friends in his ward. He wouldn’t get to be a deacon with them, or pass the sacrament with them. His excitement quickly melted away.

Later that night, William was practicing the piano. Mom came in and scooted next to him on the piano bench. “How do you feel about Dad’s new calling?” she asked.

William stopped playing. He looked down at the piano keys and sighed.

“I’m kind of sad,” he said. “The sign-language branch will be nice, but what





if there isn't anyone my age there? I'll miss my friends." He felt bad for complaining, but he was really worried. "I want to do what Heavenly Father wants. But it's going to be hard." He tried to blink away the tears in his eyes.

Mom put her arm around him and smiled. "You remind me of your great-great-great Grandpa Turner," she said. "When he joined the Church in England, he had to leave his friends and family to go to Utah."

Mom got up and walked over to the bookshelf. When she came back, she was flipping through the pages of an old photo album. She pointed to an old black-and-white photo of a man with a beard.

"This is Grandpa Turner," she said. "When he got to Salt Lake City, Church leaders asked him to move to a small town in the desert several hundred miles away. He didn't like it there. He thought it was dry, hot, and ugly, and he missed his friends. But he stayed there because he wanted to obey the Lord."

William looked up at Mom with wide eyes. He imagined moving to a desert without any friends. It sounded miserable.

"What happened after he moved?" he asked.

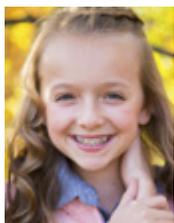
"He lived there for a few years. But then he had to move back to Salt Lake City because they couldn't grow enough food in the desert," Mom said.

William frowned. "But why did Heavenly Father tell him to move somewhere he didn't like, when he was just going to leave a few years later?"

"I don't know," Mom answered. "But I *do* know Grandpa Turner got a lot of blessings by obeying Heavenly Father—like meeting his wife in that small desert town. And he learned important things that helped him serve the Lord for the rest of his life."

William thought for a moment and looked at the old photo of his great-great-great grandpa again. *Leaving my friends is going to be hard*, he thought. *But if Grandpa Turner could do it, Heavenly Father will help me too*. He felt happier inside. He knew he could be brave and follow the Lord. Just like Grandpa did. ●

The author lives in Maryland, USA.



**By Emily B., age 12, Utah, USA**

One of my favorite hobbies is Irish dance. I try hard to practice my choreography at home so I am ready to perform. I practice a lot, but when I am backstage about to perform, I get the backstage jitters. At every competition, my mom and I find a quiet place to say a prayer. Sometimes it's behind a curtain or in a room off to the side. I know that it doesn't matter to Heavenly Father where we are, just that we have faith in Him.

At my last performance, my mom wasn't with me to say a prayer. She was sitting in the audience. I got really nervous but decided that it didn't matter if she was with me or not. I stepped away from my friends and said a prayer. I asked for safety as I danced and that I could do my best. I did very well that day, and I remember the feeling of peace that I felt as I walked on stage.

We can always trust in Heavenly Father. No matter where we are or when it is, He always listens. ●



# Backstage Prayers

# Shine Your Light!



**Jaleel and Dayleen E., ages 10 and 7, Aruba**



**Maggie B., age 7, Hawaii, USA**

## FUNSTUFF ANSWERS

- Page 15:** Jesus is there
- Page 31:** a river; John the Baptist
- Page 34:** 1-b, 2-b, 3-a



## HIDDEN CTR RINGS

Did you find the rings?  
Look on pages FJ8, 17, and 5.

## How to Write to the Friend

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

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

Please send your submission to:

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

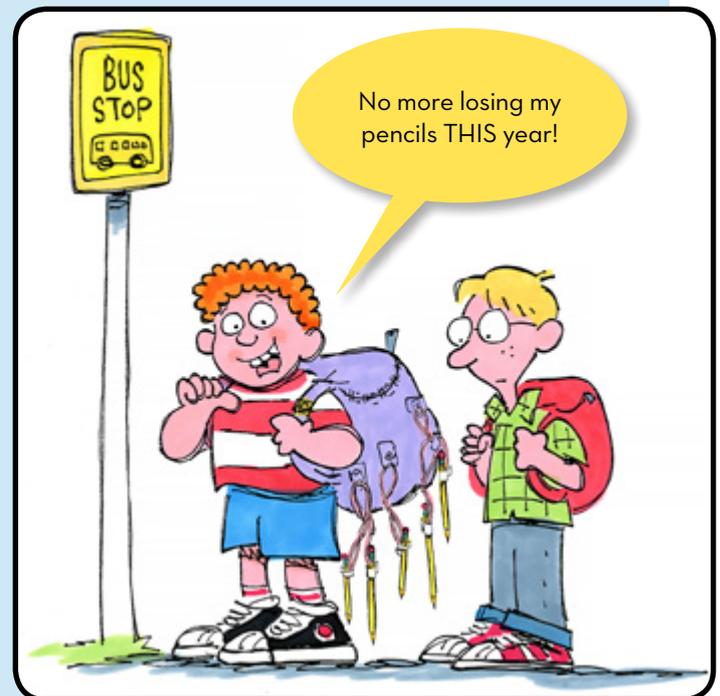
Age      Boy/Girl      State/Province, Country

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

## The Last Laugh



# the Friend junior



# For Parents of Little Ones

**T**his month the Sunbeam class will have a lesson about caring for animals. Caring for animals can help young children learn about God's creations, learn to be responsible, and practice being kind. Teaching young children to be gentle with pets and respectful of wildlife can be fun for the whole family.



## Here are some ideas to help your child be kind to animals:

□ Explain that Heavenly Father and Jesus Christ created animals. Review the Creation story from the January 2018 *Friend Junior*. Look for animals in books, and encourage your child to learn more about them.

□ Take a walk and look for animals, birds, and bugs. Talk about how Heavenly Father and Jesus created all of these things as part of our world. Come up with ideas about what your family can do to take care of God's creations.

□ Teach your child how to treat a pet. Practice gently petting a stuffed animal. Model asking a pet owner if it's OK to pet their animal. Help your children learn to recognize when an animal doesn't want to be touched.

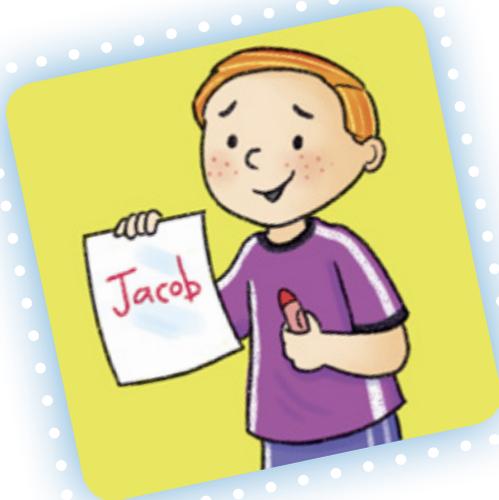
□ Give your child opportunities to help care for an animal—in your home, at a neighbor's house, or at a pet shelter. Chores like feeding and giving water to animals can help a child learn basic responsibility.

▶▶ You can read past letters at [FriendFPLO.lds.org](http://FriendFPLO.lds.org). ◀◀

ACTION RHYME

# My Talents

By Jordan Monson Wright



I can spell  
and write my  
name.



I give the  
greatest  
hugs.



I can dance  
and twirl  
around.



I'm good at  
finding bugs.



I can drum a happy  
beat using just my  
knee.

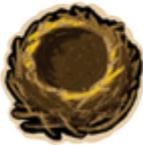


I'm glad I have  
the talents  
Heavenly Father  
gave to me.

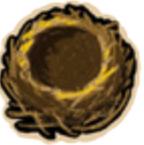
# Cole Helps the Baby Birds

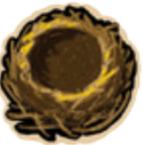
By Jennifer Maddy

Whoooo!  listened to the  blow outside.  thought

about the  in the . He hoped the  were OK in the

storm. The next morning  ran outside. He looked up at the

. No ! The  looked worried. Then  saw

the . It was on the ground. "Chirp! Chirp!" the  said.

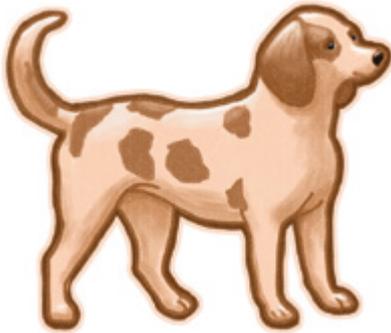
 put a  against the . He carefully put the 

back in the . "Chirp! Chirp!" the  said. The birds were

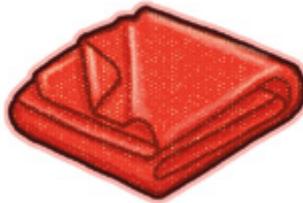
happy! And  was happy he could help some of God's creations.

# I Can Be Kind to Animals

Cole wants to help the animals. Match each animal with what it needs. What can you do to show kindness to God's creations?



**Bowzer the dog wants to play.**



**Cobble the cow needs to be milked.**



**Mittens the cat likes sleeping on soft things.**



**Dunk the duck is hungry.**



SCRIPTURE STORIES

# Elijah and the Widow

By Kim Webb Reid



A prophet named Elijah warned people a famine would come. There was no rain, and plants didn't grow. Elijah drank water from a creek. God sent birds to bring him food. But then the creek dried up. God told Elijah to find a woman in town, and she would feed him.

Elijah found the woman and asked her for something to eat. The woman said she only had a little flour and oil left to feed herself and her son.



Elijah promised that if she shared her food with him, she would not run out. The widow had faith in the prophet Elijah and shared her food.

Each day, there was enough food for them to eat. It was a miracle! Then the widow's son got sick and died. But Elijah brought him back to life. The woman was blessed for listening to the prophet.





I am blessed when I listen to the prophet. ●

*From 1 Kings 17.*

# I Can Tell the Truth



ILLUSTRATION BY APRYL STOTT

# Stickers Everywhere!



She put one on the wall. And one by the light switch. Soon stickers were everywhere.

Then Carey went outside to play.

A few minutes later, Carey heard Mom calling her. "Come here," Mom said. She didn't sound very happy.

Carey came inside.

Mom pointed at the stickers. "Do you know who did this?" Mom asked.

**By Julie Cornelius-Huang**

(Based on a true story)

Carey saw a bag sitting on the counter. She looked inside. She saw a whole package of stickers! Spacemen. Astronauts. Rockets. Stars.

Carey loved stickers! She opened the package and peeled all the stickers off the paper. She put one sticker on the countertop.



Carey was a little worried. Would she get in trouble if Mom knew she used the stickers?

Carey took a deep breath. "I did," she said.

"Those were for your brother's birthday party," Mom said. "Now we don't have any stickers."

Carey felt like crying. She hadn't meant to do something wrong. She hoped Mom wasn't too mad at her.

"I'm sorry," Carey said.

"Next time, be sure to ask," Mom said. "And don't stick stickers around the house."

Carey nodded.

"And there's one more thing," Mom said. "It's very important."

Carey looked up at her.

"Thank you for telling me the



truth," Mom said. "I'm proud of you." She gave Carey a hug. "I hope you'll always tell me the truth."

Carey didn't feel good about using up all the stickers. But she did feel good about telling the truth.

"Thanks, Mom," Carey said. "I will." ●

The author lives in Nevada, USA.

