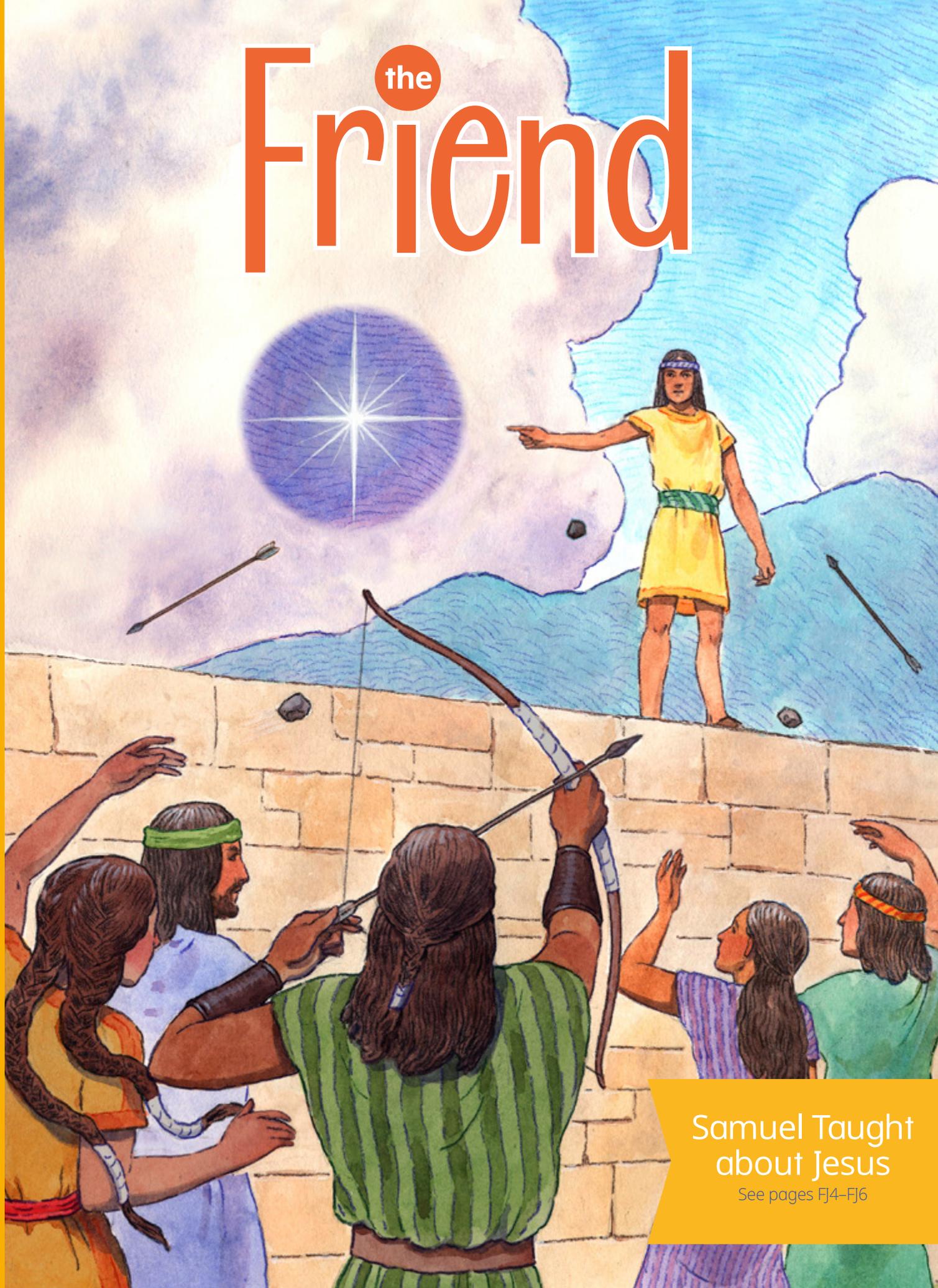


# the Friend



Samuel Taught  
about Jesus  
See pages FJ4-FJ6

# Friends by Mail

Oops! We printed the German flag wrong in the June 2020 *Friend*. Here is the correct flag. We sincerely apologize for the mistake.



## Staying Healthy and Safe



I have been to church to take the sacrament with my mask. I had to get used to seeing everyone covered up, but I'm so glad to do my part to help others stay healthy and safe and protect myself as well. It's part of loving one another.

**Violet C., age 11, Utah, USA**

## Lemonade and the *Friend*



It is very hot in the summer where I live. I like it when my mom and I drink lemonade and read the *Friend* together!

**Nathan N., age 5, Nevada, USA**



## Kindness Counts Challenge

We read the story "A Kind Primary Class" (Feb. 2020) and came up with our own kindness tips. Here are a few: If there's a new kid at school, offer to show them around and introduce them to your other friends. Share things about yourself so they get to know you, and ask questions about them.

**Thomas, Jonny, Owen, Emaline, and Henry M., ages 12, 10, 4, 5, and 8, Ohio, USA**

## Dear Friends,

This month's issue is about showing love to our families. On page 2, find out what President Eyring learned after he caught his son jumping on the bed! Then read about a boy who showed love when his younger brother had a hard time going to sleep (page 14). And on page 24, you can find a message to remind you of the family you'll always be part of—our heavenly family.

We're glad you're part of *our* family!

The *Friend*

P.S. Write to tell us what your family means to you.

## STANDARDS SEARCH!

Can you find a story about someone being baptized?

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

### Bonus challenge!

Memorize this month's standard: "I will remember my baptismal covenant and listen to the Holy Ghost" (*Children's Guidebook*, 63).



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

# the Friend

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

COME,  
FOLLOW ME

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

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- FJ8 Isaac and the Temple



## Find 3 Hidden CTR Rings

**Hard:** The temple is a holy place.

**Harder:** Are you good at addition and subtraction?

**Hardest:** A *yarn* is another name for a story.

## Volume 50 Number 9 September 2020

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Henry B. Eyring

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**By President Henry B. Eyring**  
Second Counselor  
in the First  
Presidency

# Loving Our Families

The prophet Alma told his people that they should have their hearts “knit together in unity and in love one towards another” (Mosiah 18:21). Sometimes it can be hard to feel unity in our families, but the Holy Ghost can help us.

Once our young son was jumping on his bed. He was jumping so hard that I thought his bed might break! I felt frustrated. I went over and grabbed him by his shoulders. I lifted him up to where our eyes met.

Then in my mind I heard the quiet voice of the Holy Ghost say, “You are holding a great person.” Those words went deep into my heart. I gently set my son back on his bed and apologized.

Now my son has become a great man. I am eternally grateful that the Holy Ghost helped me see him as Heavenly Father sees him—as His child.

We can try to listen to the Holy Ghost when we see each other, and even when we think about each other.

That will help us feel more love in our families. ●

*Adapted from “My Peace I Leave with You,” Ensign, May 2017, 15–18.*

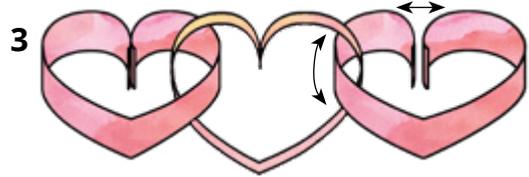
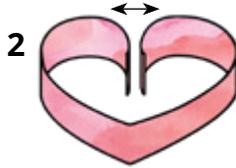
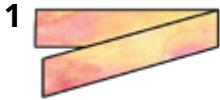


ILLUSTRATION BY HOLLIE HIBBERT

## Growing in Love

Cut out the strips of paper and put them in a bowl. After you do one of the activities, add a link to your chain of hearts.

1. Fold the paper strip in half.
2. Bend the ends of the paper together to look like a heart. Staple or tape them together.
3. To make a chain, loop the ends of the next heart inside the first heart before stapling or taping it together.



**ASK WHAT YOU CAN DO TO HELP.**

**TALK ABOUT A FUN MEMORY.**

**PRAY FOR SOMEONE IN YOUR FAMILY.**

**WRITE SOMEONE A LOVING NOTE.**

**ASK SOMEONE ABOUT THEIR DAY.**

**BRING SOMEONE A DRINK OR SNACK.**

**TELL SOMEONE THEY ARE IMPORTANT TO YOU.**

**PLAY A GAME OR TAKE A WALK TOGETHER.**

**SAY, "I'M SORRY," WHEN YOU NEED TO.**



What can you do to help your family feel more love?

# A CUP OF WARM WATER



**By Minjung Park**  
(Based on a true story)

**M**injun and Dad hurried into the Church building, the cold wind blowing behind them. It was chilly inside the building too. Minjun hoped it would get warmer as more people gathered.

Minjun's friend Jungmin was getting baptized today. Jungmin had met with the sister missionaries and thought about getting baptized for a long time. The whole ward had fasted and prayed for him. Finally he decided to be baptized. And today was the day!

The font was still filling up with water when Minjun and Dad walked into the room. They sat down next to Minjun's friend James. Soon Jungmin walked in, dressed in white baptismal clothing.

"He looks a little nervous," James said.

Minjun nodded. He was glad he could be here for his friend.

Soon the font was filled. It was time for the baptism to begin! But instead of starting, the missionaries were talking with some of the other members, and they looked worried. Dad went to see what was wrong.

"What's the matter?" Minjun asked Dad.

"The water heater in the building is broken, so the water in the font is very cold," Dad said.

Minjun looked at the font. At his baptism, there had been warm weather, warm water, and even his dad's warm hug when he came out of the water. He couldn't imagine being baptized in cold water on such a cold winter day.

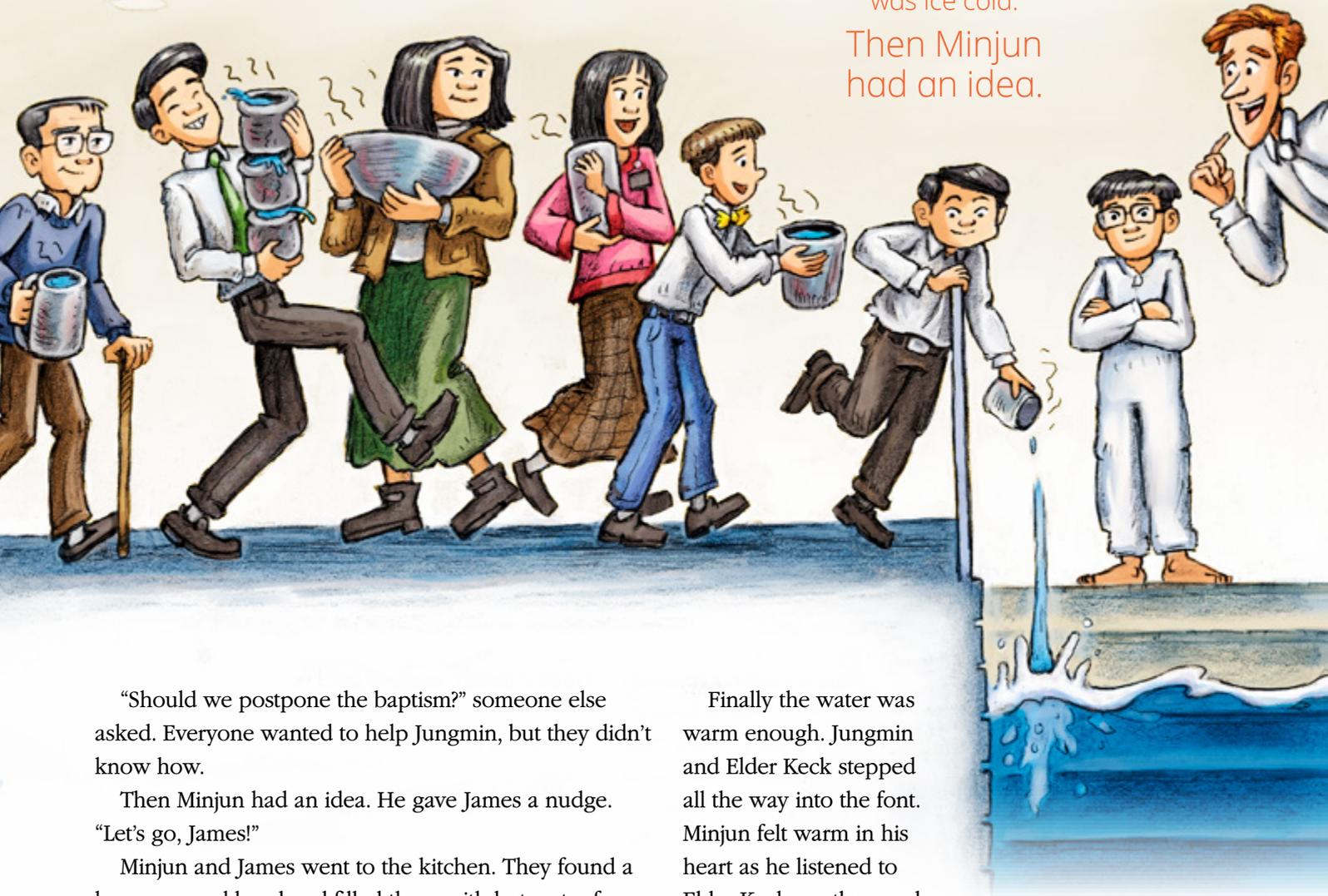
Minjun watched as Jungmin courageously stepped into the water with Elder Keck, who was going to baptize him.

"It's too cold!" Jungmin said. "I can't stay in here any longer." He climbed back out of the font, shivering. Minjun felt sad for him.

A few minutes later, Jungmin tried to get in the water again. This time he only made a few steps before hurrying out. He tried two more times. The water was freezing! Jungmin looked like he was about to cry.

Minjun said a silent prayer asking how he could help. "What should we do?" someone said.

The water in the font  
was ice cold.  
Then Minjun  
had an idea.



“Should we postpone the baptism?” someone else asked. Everyone wanted to help Jungmin, but they didn’t know how.

Then Minjun had an idea. He gave James a nudge. “Let’s go, James!”

Minjun and James went to the kitchen. They found a large cup and bowl and filled them with hot water from the water dispenser. They carefully carried them back to the chapel and dumped the hot water in the font. “Maybe this will help warm the water up!” Minjun said.

Everyone was surprised. “Why didn’t we think of that?” someone asked.

Together, everyone started adding warm water from the kitchen. Some people boiled water on the stove. Others carefully carried the pots across the hall and poured the hot water into the font. Even the other Primary children helped, one cup at a time.

Finally the water was warm enough. Jungmin and Elder Keck stepped all the way into the font. Minjun felt warm in his heart as he listened to Elder Keck say the words of the baptism prayer. When Jungmin came out of the water, he was smiling. Everyone was happy.

After Jungmin changed into his dry clothes, Minjun gave him a big hug. Minjun knew that whenever he prayed with courage, Heavenly Father would help him know what to do. This baptism was one Minjun would never forget! ●

The author lives in Seoul, South Korea.



Jungmin with the missionaries and with some of the people who helped carry water.

See *Come, Follow Me* for  
3 Nephi 8–11.

# MY FAMILY NIGHT FUN

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

## Prophet on the Wall

For Helaman 13–16



**Sing** “Samuel Tells of Baby Jesus”  
(*Children’s Songbook*, 36).

The prophet **Samuel** stood on a city wall and told everyone that Jesus would be born soon. People tried to hurt Samuel with stones and arrows, but he was protected. (See Helaman 13:2–4, 16:1–2.)

### Act out the story!

Have someone stand on a chair and pretend to be Samuel. Everyone else could pretend to throw stones or shoot arrows. How would you feel to see a prophet protected by the Lord?



## A New Star

For 3 Nephi 1–7



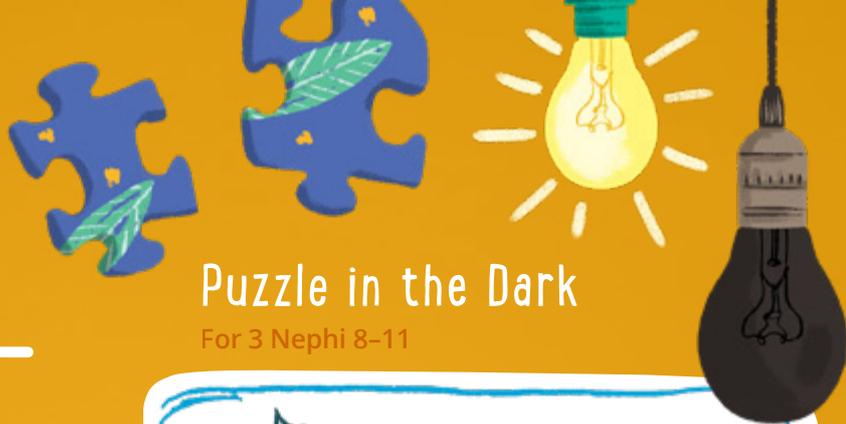
**Sing** “I’m Trying to Be like Jesus”  
(*Children’s Songbook*, 78–79).

**Nephi** and other righteous people waited for the sign of Jesus’s birth. A new star appeared in the sky. Everyone knew Jesus had been born! (See 3 Nephi 1:4–21.)

**Make a star craft!** Glue craft sticks in the shape of a star. Decorate your star with crayons, paint, buttons, or whatever you want. Tie a string at the top and hang it up.



# TREAT TIME



## Puzzle in the Dark

For 3 Nephi 8–11

### Peanut-Butter Fruit Dip



Mix **1 cup vanilla yogurt**, **1/4 cup peanut butter** or other nut butter, and **1 tablespoon honey**.



Use **apples** or other fruit for dipping.



**Sing** "Teach Me to Walk in the Light" (*Children's Songbook*, 177).

**When Jesus visited** the Nephites, He testified that He is "the light and the life of the world" (3 Nephi 9:18).

**Turn off the lights** and try to put together a puzzle in the dark. Then try again with the lights on. How did the light help you? How does Jesus help us?



### Avocado Quesadillas



Spread **mashed avocado** on a **tortilla** and sprinkle **shredded cheese** on top. (You can also add other toppings like **tomato**, **corn**, **black beans**, or **chicken**.)



Fold in half and cook in a frying pan over medium heat until both sides are golden brown.

## Jesus's Sheep

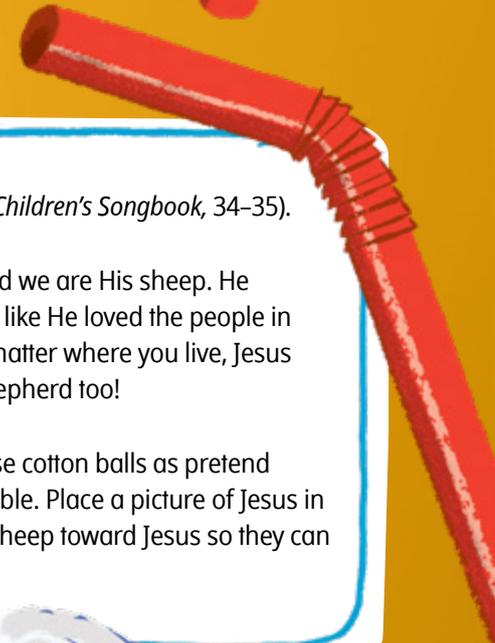
For 3 Nephi 12–16



**Sing** "He Sent His Son" (*Children's Songbook*, 34–35).

**Jesus is the Good Shepherd**, and we are His sheep. He said that He loved the Nephites, just like He loved the people in Jerusalem (see 3 Nephi 15:21). No matter where you live, Jesus knows and loves you. He is your Shepherd too!

**Now play a game** about sheep! Use cotton balls as pretend sheep and scatter them around a table. Place a picture of Jesus in the middle. Use straws to blow the sheep toward Jesus so they can all be gathered close to Him!



### Chocolate Clementines



Melt **1/4 cup chocolate chips**. Dip **clementine** or orange segments into the melted chocolate and refrigerate for 30 minutes. Enjoy!



# Find

# 15

There are 12 members of the Quorum of the Twelve Apostles and three members of the First Presidency. All together, that makes 15!

Circle the number pairs that add up to 15. Answers can be up, down, across, or diagonal. The first one is done for you. (See page 39.)

6	3	12	10	8	6	10
11	10	9	2	7	9	1
4	14	7	6	13	4	2
5	3	11	5	10	12	7
12	4	1	9	14	3	1
2	8	10	12	2	14	7
6	3	7	1	5	8	6





WHETHER  
YOU FEEL LIKE  
A HERO OR NOT,

**YOU ARE ONE!**

YOU ARE THE  
HERO *of* YOUR  
OWN LIFE'S  
STORY.

ELDER DIETER F. UCHTDORF

"Call for Heroes!" (BYU-Pathway Worldwide devotional,  
Jul. 14, 2020, [byupathway.org/devotionals](https://byupathway.org/devotionals).)



# HELLO from Guatemala!



Hi!  
We're Margo  
and Paolo.

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



**Guatemala** is in Central America. About 17 million people live here, and about 300,000 are members of the Church.

This boy helps his family by carrying firewood.

Many people travel from place to place on colorful buses.

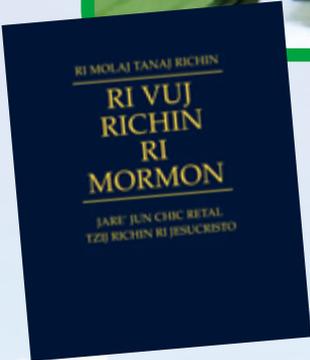


The bright-feathered quetzal is Guatemala's national bird. "Quetzal" is also the name of money in Guatemala!



There are 30 volcanoes in Guatemala. Three of them are active! This one erupted in 2015.

This family in Guatemala is studying the scriptures together. Who do you study the scriptures with?



This is the cover of the Book of Mormon in Cakchiquel. Cakchiquel is one of 18 native languages spoken in Guatemala! Spanish is the country's official language.

Some families in Guatemala use *pilas*—colorful outdoor sinks—to wash dishes and clothes.



## Meet some of our friends from Guatemala!



When my mom was out of work, the members of the Church helped us with food. This taught me how to share with others who don't have much.

**Darwin M., age 9, Sololá, Guatemala**



We learned that the Apostle Paul preached the gospel to all people. I felt it was right to share the Book of Mormon with my friends. I wrote my testimony in each book and handed it to them. It made me happy to know that they are reading it.

**Ximena L., age 9, Sacatepéquez, Guatemala**

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

**Thanks for exploring Guatemala with us. See you next time!**



# Danna and the Math Test

**By Lucy Stevenson Ewell**

Church Magazines

(Based on a true story)

*“Pray always, that you may come off conqueror” (Doctrine and Covenants 10:5).*

“Danna,” Mamá called. “Ready for school? It’s scripture time!”

“Coming!” Danna slid her math book into her brightly colored school bag and slung it over her shoulder.

Danna and her family memorized a new scripture verse every week. Each day before they left for school, they practiced saying it together. Mamá said that learning a new scripture is like making a new friend. Once it’s in your heart, it’s there whenever you need it.

Danna and her younger sisters stood by the door and repeated this week’s verse. It was from the Doctrine and Covenants.

“Pray always, that you may come off conqueror,” they said together.

“What does ‘come off conqueror’ mean?” Danna’s sister Tatianna asked.

“It means that you can do hard things!” Danna said.



Mamá nodded. “When we pray, Heavenly Father will help us.”

Danna repeated the scripture over and over in her mind as she hurried off to school.

Later that day, Danna’s teacher stood at the front of the classroom next to the blue and white Guatemalan

flag. “Time for your math test,” Señora Morales said. She started passing out a stack of papers.

Danna liked math. And she was good at it! She had studied hard for the test, and she knew she could do well on it.

Danna grabbed her pencil and started working. She was feeling good about her answers. Then she got to the last set of problems. They were really hard. She couldn’t remember how to do them!

Danna felt a wave of panic. How could she finish her math test? She gripped her pencil and read the next problem again.

Then a thought popped into her mind. “Pray always,



*that you may come off conqueror. . . .”*

Danna took a deep breath. She closed her eyes and said a quiet prayer in her heart. *Heavenly Father, please help me remember what I've learned. Please help me to do a good job on this test.*

Danna looked back at her paper. She looked at the problems she had already solved. Then she looked at the hard ones again. She started remembering how to do them! Her nervousness melted away. She took another deep breath and went to work.

After school, Danna was excited to tell her family about what happened.

“At first I couldn't remember how to solve some of the problems,” Danna said. “But then I thought about the scripture we're memorizing. I said a prayer, and Heavenly Father helped me.”

“Way to go!” Mamá said.

“You came off conqueror!” Tatianna said.

Danna laughed. “I did! No matter what score I get, I know I did my best.” She gave Mom and Tatianna a big hug. She couldn't wait to see what scripture friend they would make next week! ●



This story happened in Guatemala.

Go to page 10 to learn about that country!



# Bedtime Brothers

By Haley Yancey  
(Based on a true story)





I am a child of God, and He has sent me here . . .

Night, Kyler.



Good night, little buddy.



Thanks for being such a kind big brother!



The author lives in California, USA.

Thanks to Kyler and Dax L. for sharing their story!





By **Sister Lisa L. Harkness**

First Counselor in the Primary  
General Presidency

# Children of Heavenly Parents



Even though we each have different experiences here on earth, we all have one thing in common. We are *all* children of our heavenly parents!

Once I was speaking to a group of women in South Africa. I started humming the hymn “We Thank Thee, O God, for a Prophet.” After just a few notes, these sisters burst out singing. Their music filled my soul. We all felt God’s love.

During the same trip, I visited DR Congo and spoke to women and girls at a Sunday devotional. They rode buses from all over the city to come. There were so many people that we had to put extra chairs in the aisles, and people were leaning out of the windows so everyone could fit in the room! I was so impressed by these women. They are changing their communities in powerful ways. They are sharing God’s love.

I met lots of Primary children in Africa. Many of them are the only members of the Church in their families. But they keep coming to church on their own each week. Primary helps them feel God’s love.

The people of Africa come from different countries and cultures. They speak many languages. They are rich in faith and in their love of God. When I looked into their eyes, I could feel that they knew the truth and had testimonies of the restored gospel of Jesus Christ. They knew that they are children of our heavenly parents.

The same is true for you. You are a child of our heavenly parents. They love you! ●

*Adapted from Aubrey Eyre, “Sister Cordon and Sister Harkness Say African Women Are a Powerful Force for Change,” Church News, June 11, 2019.*

# Women Who Help Lead the Church

Color these pictures and then look for these women during general conference. Which of them spoke or prayed during conference? What did you learn from them?



**Sister Lisa L. Harkness**  
First Counselor in the  
Primary General Presidency



**Sister Joy D. Jones**  
Primary General President



**Sister Cristina B. Franco**  
Second Counselor in the  
Primary General Presidency



**Sister Michelle Craig**  
First Counselor in the  
Young Women General Presidency



**Sister Bonnie H. Cordon**  
Young Women General President



**Sister Becky Craven**  
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**Sister Sharon Eubank**  
First Counselor in the  
Relief Society General Presidency



**Sister Jean B. Bingham**  
Relief Society General President



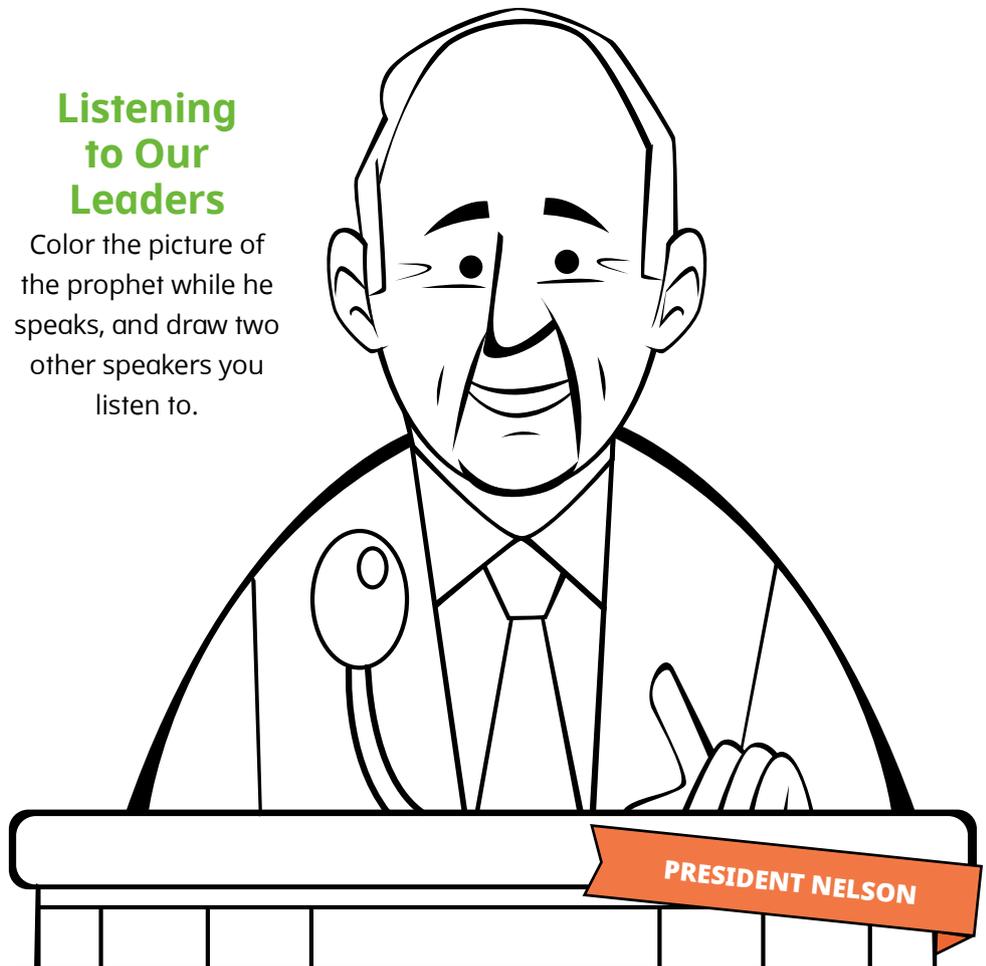
**Sister Reyna I. Aburto**  
Second Counselor in the  
Relief Society General Presidency

ILLUSTRATIONS BY JARED BECKSTRAND

# MY GENERAL CONFERENCE NOTEBOOK

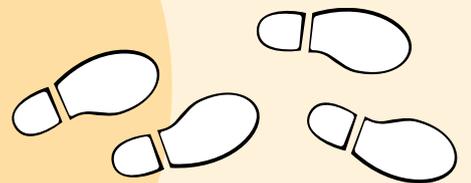
## Listening to Our Leaders

Color the picture of the prophet while he speaks, and draw two other speakers you listen to.



## Following Jesus

Each time you hear someone talk about Jesus, color a pair of footprints until you reach the Savior. He loves you!

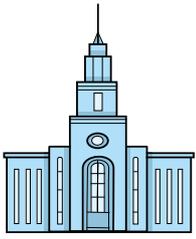


Did you watch the general women's session?

Find pictures of the women who help lead the Church on page 17!

## Words I Hear

Circle these pictures when someone speaks about them, or draw other words you hear.



General Conference Activity



## Beautiful Music

Trace these music notes while listening to the choirs sing. Then color them!



ILLUSTRATIONS BY RENEY SIMARD

# The Lost Ring



By Tyden S., age 13,  
New Mexico, USA

One day I was running the mile in PE. As I ran, I saw something shiny in the dirt. I picked it up. It was a beautiful ring with shiny diamonds on top and swirls of silver. *Someone must have dropped it when they were running*, I thought. After I finished my mile, I walked around asking the girls if it was theirs.

“No, but I wish it was mine,” said Natalie. “It is very pretty.”

All of the girls said it wasn’t theirs.

As we walked back to our classroom, I showed the ring to my friend Clayton.

“Wow,” Clayton said. “You should sell it. You could get lots of money.”

“I’m not going to sell it,” I said. “Whoever lost it is probably devastated.”

“You are too kindhearted, Tyden.”

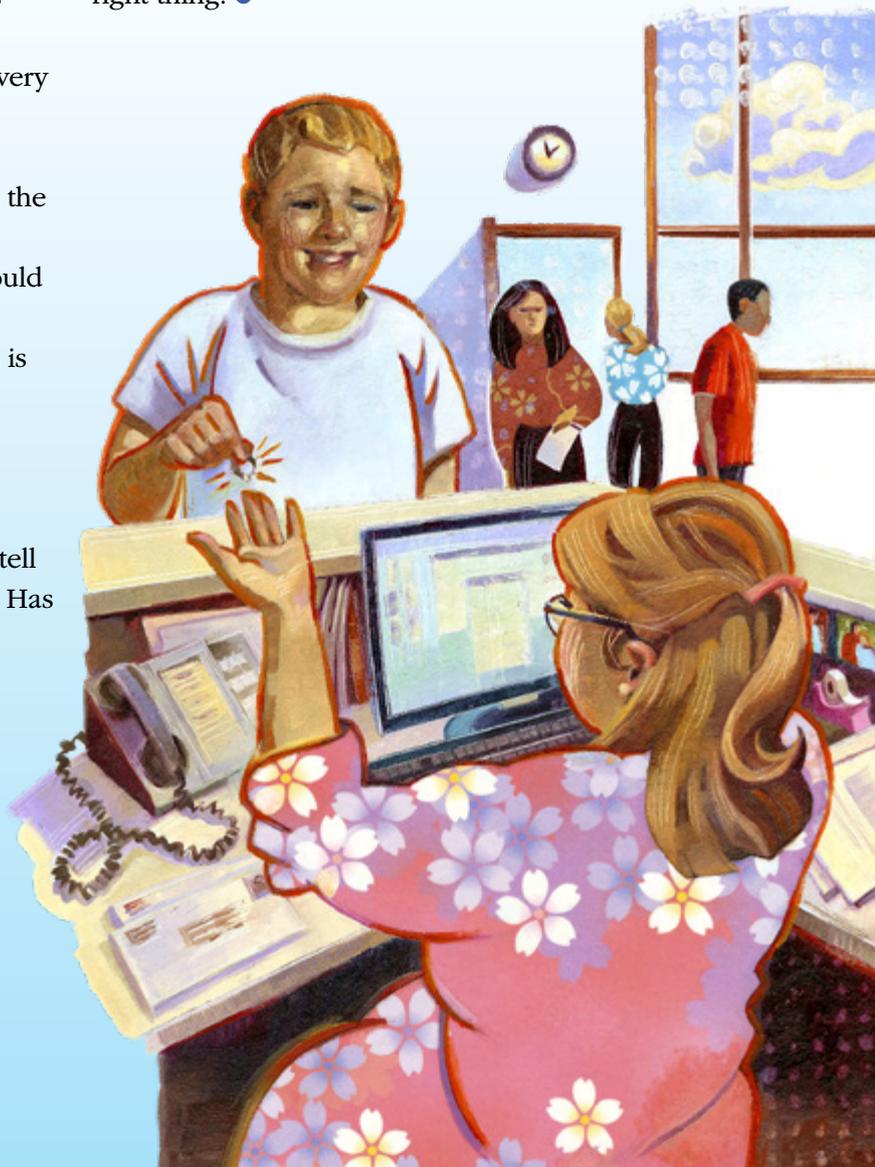
*Am I too kindhearted?* I decided to ignore that thought and go with my gut feeling.

After class I went to the school’s main office to tell the secretary. “Ms. Tracy, I found this ring outside. Has

anyone asked about a missing ring?” I asked.

“No, but I’ll put it in the lost-and-found box,” said Ms. Tracy. “I’ll make sure to ask the teachers if they lost any of their rings.”

I gave her the ring and left. I felt a warm feeling. Even if the owner doesn’t find it, I know I did the right thing. ●



## KINDNESS CHALLENGE

We don’t always get to see the results of our kindness. Do a secret act of kindness for someone you know! Then say thank you to someone who does kind things for you.

# Find It!

These kids love watching birds with their aunt!  
 Find 15 birds and 10 eggs.  
 Then find the other objects.

ILLUSTRATION BY DAVID KLUG



**Bonus:** How many times are birds (or "fowls") mentioned during the Creation, in Genesis 1? \_\_\_\_\_

See answer on page 39.



# The Most IMPORTANT Job

By **Linda G. Paulsen**  
(Based on a true story)

*"I am among you as he that serveth" (Luke 22:27).*

Amelia liked visiting Grandma. She liked playing with the toy animals, especially with Grandma's soft stuffed bunny. But today wasn't for playing. Today was for helping.

On the way to Grandma's house, Amelia's sisters talked about which jobs they wanted to do.

Sarah wanted to sweep. Emily wanted to mop. And Mom asked Alyssa to clean the windows.

"What about me?" Amelia asked.

"Should I help dust?"

"I have a special job for you," Mom said. "I need you to listen."



Amelia waited. "OK, I'm listening. What is it?"

"That's the job!" Mom said with a laugh. "Just listen. Sit with Grandma and listen while she talks. It might be the most important job we do all day."

*How could listening be the most important job?* Amelia wondered. It seemed like dusting would be more of a real job! But Amelia was willing to try.

Grandma was glad to see them. Everyone else got started on their jobs. Amelia went and sat next to Grandma on the couch. Amelia noticed the stuffed bunny in the corner. "I like your rabbit," she said.

Grandma smiled. "Did I ever tell you about my brother Mel and the baby bunny?"

Amelia was surprised. "A real bunny?"

Grandma nodded. "It was an orphan he found. He snuggled it inside his shirt so it would be safe." Grandma told Amelia about the rabbit pen Mel built.

That story reminded Grandma of other stories. She told about a pet calf she named Star. She used to ride on Star's back! Amelia giggled as she pictured Grandma riding a baby cow. It wasn't easy imagining Grandma as a little girl.

Grandma talked and talked. She told the rabbit story again. Another time, she even stopped in the middle of a story and started over.

Amelia tried to keep listening, but she was getting tired. Mom and the other girls were still working. It was hard to sit and listen! But Grandma smiled. She seemed happy to be sharing her stories.

A few minutes later, Mom came in. "All done! We're ready go."

"That was so nice," Grandma told Amelia. "I love visiting with you!"

Amelia gave her grandma a big hug. She saw tears in Grandma's eyes.

"What's wrong?" Amelia asked.

"Nothing's wrong," Grandma said. "Thank you for talking with me. I love you."

Amelia felt warm all the way inside. "I love you too," she said. "I'll come again soon."

On the way home, Alyssa asked, "How was listening, Amelia?"

"It was harder than I thought. I think I was done listening before Grandma was done talking!"

"You were terrific!" Mom said.

"Thanks," Amelia said. "Some of the stories she told were fun. Did you know Grandma had a pet calf?"

"Really?" Sarah asked.

"Yeah! Grandma used to ride it," Amelia said, nodding. "Its name was Star."

Amelia told them all of Grandma's other stories. It was pretty cool to learn so much about her.

Emily grinned. "Maybe you could trade me jobs next time. I want a chance to listen!" ●

The author lives in Utah, USA.



# I LOVE MY

In Heavenly Father's Family  
are all part of

## My Heavenly Family

I am a child of heavenly parents. I am precious and important to Them, and I will always be part of Their family.

*How does it make you feel to know that you have a heavenly family who will always love you?*

## My Family

I am part of my family on earth. How does your family help you? What Families come in all shapes and

# FAMILY!

er's plan, we  
a family!



## My Forever Family

In the temple, I can be sealed to my own family, including my ancestors. When I'm older, I can be sealed to my future family too.

*Someday we can all return to heaven to live with our heavenly parents. What a joyful family reunion that will be!*

## Family on Earth

1. I am precious and important.  
2. What can you do to show your love to them?  
3. Draw a picture of your family.

ILLUSTRATION BY JOSH TALBOT

# This Is My Beloved Son

(Simplified)

Words by Marvin K. Gardner  
Music by Vanja Y. Watkins

With expression ♩ = 69–84

F B<sup>b</sup> F C<sup>7</sup>

1. Je - sus en - tered Jor - dan's wa - ters  
2. Ne - phites gaz - ing in - to heav - en  
3. Jo - seph saw two glo - rious be - ings  
4. As I read the scrip - tures dai - ly—

F B<sup>b</sup> Gm A<sup>7</sup> Dm F B<sup>b</sup> F Dm

When His work had just be - gun. God the Fa - ther spoke from heav - en:  
Saw their white - robed Sav - ior come. And they heard the Fa - ther wit - ness:  
Shin - ing bright - er than the sun. God a - gain pre - sent - ed Je - sus:  
Words of Christ, the Ho - ly One— In my heart I'll hear God tell me:

1. 2. 3. Gm A<sup>7</sup> B<sup>b</sup> C<sup>7</sup> F

“This is My Be - lov - ed Son. Hear \_\_\_\_\_ Him!”

4. Gm C<sup>7</sup> Cm D<sup>7</sup> Gm C<sup>7</sup> F

“This is My Be - lov - ed Son. Hear \_\_\_\_\_ Him!”

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# ELDER GARY E. STEVENSON

Of the Quorum of the Twelve Apostles



Elder Stevenson's birthday is August 6! He turned 65 years old this year.



When Elder Stevenson was 11, his father stopped him from stepping on a rattlesnake!

He served as a missionary and a mission president in Japan.



He married Lesa Higley. They have four sons and nine grandchildren.



He enjoys skiing, snowboarding, and hiking.



"I know that the Holy Ghost *does and will help you.*"

Elder Gary E. Stevenson

"How Does the Holy Ghost Help You?" *Ensign*, May 2017, 120.

# Show and tell



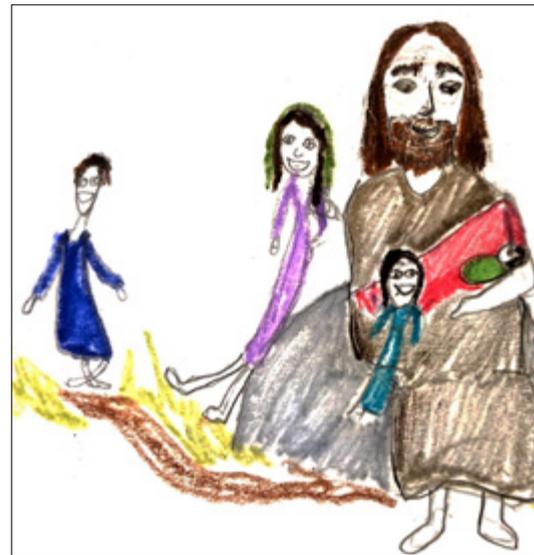
I have a kidney disease and got a new kidney. For the past four years I have been wearing a mask anywhere there is a group of people. I know it keeps me safe to wear a mask, so I don't mind. Now that everyone is doing the same thing as me, I feel a lot safer about going outside.

**Nellie M., age 10, Utah, USA**

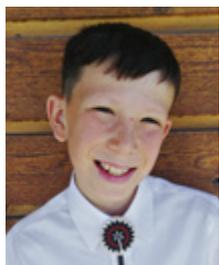


I'm glad that we read the Book of Mormon every evening. I would like to finish reading it by the end of the year. I'm glad that I'll go to the temple soon. I know that a family can be together eternally.

**Elias J., age 11, Saxony, Germany**



**Julianne R., age 7, Washington, USA**



I have the same birthday as President Russell M. Nelson! I know he is a prophet of God.

**Marcos C., age 10, Nevada, USA**



I like to help people, so I gave money to the Church's Humanitarian Aid Fund. After I gave the envelope to my bishop, I felt very happy inside. I knew it was the Holy Ghost telling me that I did something right.

**Saileey B., age 7, Gauteng, South Africa**



**Penelope W., age 8, Oeste, Portugal**



**Madyson A., age 9, Missouri, USA**



I like to pray. I know that Heavenly Father hears my prayers and I can tell Him everything. I try

to follow Jesus and serve others. I also like to go to church, and I try to always be reverent.

**Aubrey S., age 6,  
Lower Saxony, Germany**



I learned to sew at the beginning of the pandemic and starting sewing masks to donate to ward members and senior homes. My sisters and I have sewn over 500 masks!

**Thomas O., age 8, Missouri, USA**



My sister and brother have autism. When I saw my sister at recess with no one to play with, I felt sad. So I played with her. Being compassionate made me feel the warmth of the Holy Ghost. Jesus was compassionate, and I want to be like Jesus.

**Olivia B., age 10, Idaho, USA**



**Jacob A., age 8, Nevada, USA**

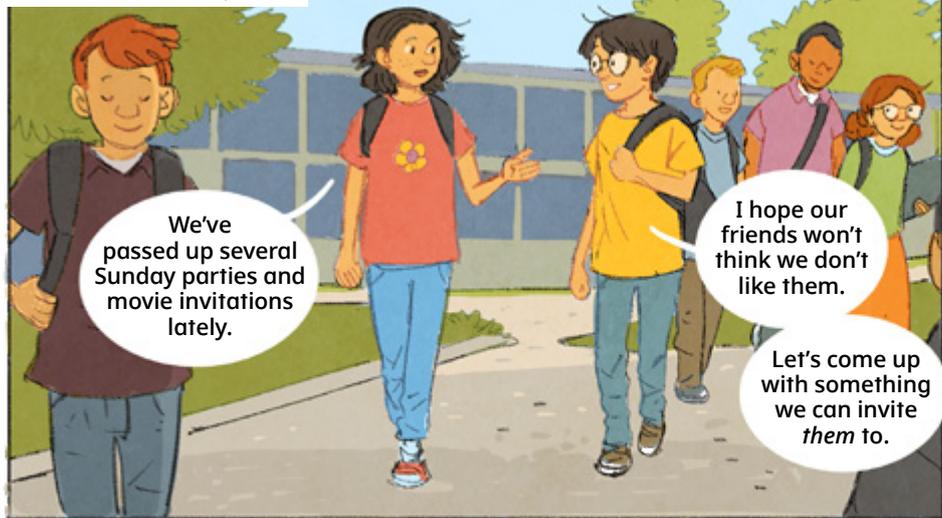


**Everett C.,  
age 8,  
Utah, USA**

# MAX AND MINDY



Back in Australia with Max and Mindy



We've passed up several Sunday parties and movie invitations lately.

I hope our friends won't think we don't like them.

Let's come up with something we can invite them to.



They like coming to our Saturday birthday parties, but —

—we only get one birthday a year.



Any more than that and we'd get old way too fast.

Right.



Wait!

Huh?



So— we want to have fun with our friends and show them we like them.

And it'd be great if they could meet some of our Church friends too.



I've got it!

We'll invite them to...

...Primary activities!



I like the way we think!

# for older KIDS

## FAMILY HISTORY CORNER

Part of family history is discovering who you are. Use these questions to learn about your name!

- Why were you given your name?
- Do any of your family members or ancestors share your name?
- When people hear your name, what do you want them to think of?



## BRAINTEASER

I have keys but no doors. I have space but no rooms. What am I? (See page 39)



## SECRET SERVICE

- Write nice things on sticky notes and hide them for people to find.
- Donate canned goods to your local food pantry.
- Video call a friend or family member you haven't seen in a long time.



## A LOOK INSIDE THE TEMPLE

The celestial room is peaceful and beautiful. It represents what heaven is like. In this room, people think, pray, and feel the Spirit.

Can you crack the code to find out which temple this is? Each shape represents one of the following letters: A, E, I, or U. (See page 39)



## ART CHALLENGE

Draw a kite using the number 4! Thanks to Emma A. for the idea.

4



## HEAVENLY FATHER IS WITH ME



Once I had a good friend. We had been friends for years. But she just stopped being my friend when a new girl moved in. It made me sad, so I said a prayer. I thought of the words from a song: "Courage, for the Lord is on our side" (*Hymns*, no. 243). I'm happy that Heavenly Father is with me and can help me through this trial.

**Scarlett W., age 10, Utah, USA**

# Scarf Wars

By Chakell Wardleigh Herbert

Church Magazines  
(Based on a true story)

*“For the Lord God will help me” (2 Nephi 7:7).*

**T**welve times twelve is . . . one hundred forty-four!” I shouted.

“Great job, Chakell!” Mrs. Good said. My whole class cheered. I was the first student to pass off all my multiplication tables.

I grinned as I walked back to my desk. I’d practiced with Dad all week and was feeling proud of myself. But then I saw another student stand up—Jack.

“Jack never has to ask for help, and now he’s going to win!”

“OK, Jack. Let’s see if you can pass off your twelves today too,” Mrs. Good said.

My friend Jack was really smart. We were always trying to beat each other at *everything*. Usually we just tied.

Jack passed off his twelves perfectly. “We’re still tied!” he said as he sat down.

“Yeah,” I said. “Good job.” I was happy for him, but I felt like something was squishing my heart. I frowned and stared at the prickly cactus growing by the window. Passing off my twelves didn’t feel very special anymore.

That afternoon, Mrs. Good pulled out a plastic circle with pegs on it. “This is a loom,” she explained. “We’re going to use it to make scarves.”

Jack grinned at me. “I bet I can finish my scarf before you.”

“Not if I beat you first!”

We both laughed. I was excited. *This* was something I could be the best at.

The next day, I brought pink and purple yarn to school. Mrs. Good helped us wrap our yarn around our looms. I grabbed my red hook, ready to start.

At first, making the scarf was easy. I used my hook just like Mrs. Good



showed us. But soon, it got harder. I couldn't remember what to do next.

*Maybe I should ask for help,* I thought.

But then I glanced at Jack. His black and red stitches already filled his loom. He was winning!

*Why is this so hard for me?* My yarn looked like tangled spaghetti.

That night, I told Mom about my scarf. "I don't know why it's so hard," I wailed. "If I have to ask for help, that must mean I'm not very smart. Jack *never* has to ask for help, and now he's going to win!" My eyes got watery.

Mom pulled me into a warm hug. "Asking for help doesn't mean you're not smart. Everyone needs a little help sometimes."

"Everyone?" I asked.

"*Everyone,*" Mom said. "We pray to ask Heavenly Father for help all the time."

I hadn't thought of that.

The next day, it was craft time again. I stared at my loom. I looked at Jack. His scarf was twice as long as it was yesterday. I took a deep breath and walked over to my teacher.

"Mrs. Good, can you please help me with my scarf?"

I'm not very good at it," I said.

Mrs. Good smiled at me. "Of course! Learning new things takes practice. You

just aren't good at it *yet.*"

Soon, after Mrs. Good gave me a few pointers, my yarn was finally turning into a scarf!

Jack finished his scarf a few days later. He showed me his black and red masterpiece. I showed him my pink and purple work in progress.

"Your scarf is looking great," Jack said.

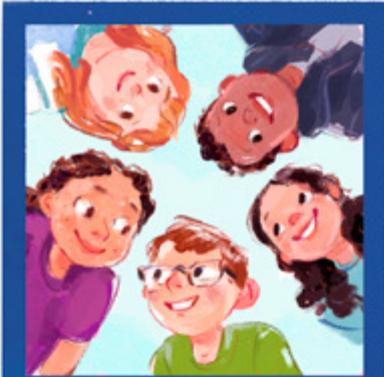
I grinned at him. "Yours too. You're really good at this. And you beat me!"

He laughed. "I did, but I can't ever keep up with how many books you read."

With a smile on my face, I picked up my hook and got back to work. ●



We're all daughters and sons  
of our heavenly parents—  
not all the same,  
but all equally important,  
needed,  
valuable,  
and loved!



## Guatemalan Guacamole

In Guatemala, people eat avocados almost every day. For parties and celebrations, they make guacamole! Be sure to get an adult's help.

**3 avocados**

**1 tablespoon chopped onion**

**1/2 teaspoon dried oregano**

**juice from 1 lime**

**1/2 teaspoon salt**

Cut avocados in half and remove the pits with a spoon. Scoop out the avocado and use a fork to mash it up. Stir in the rest of the ingredients, and serve with tortilla chips.

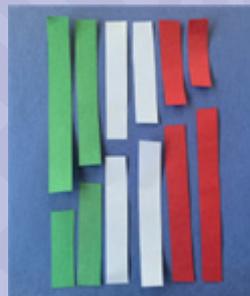


## Quetzal Craft

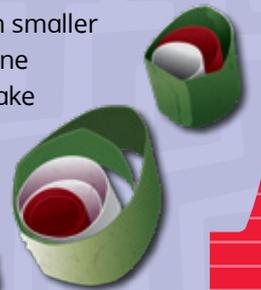
Quetzals are Guatemala's national bird. They live in high mountain forests. It's said that quetzals can't survive in cages, so these colorful birds represent freedom!

**3 colors of paper**  
**scissors**  
**glue**

1. Cut 6 strips of paper and cut into gradually smaller sizes.



2. Glue 3 strips into circles and glue each smaller circle inside one another to make the body.



3. Use 3 strips of paper to make more circles for the head.

4. Glue the last 3 strips to the body to make a tail.



5. Make a beak and eyes with markers or paper.



# VIDEO GAME EXPLOSION



**By David Dickson**

Church Magazines  
(Based on a true story)

*"He that is slow to anger is better than the mighty"*  
(Proverbs 16:32).

Jared's thumbs flew over his video-game controller. This was it! He was *finally* going to beat his big brother!

Trees and rocks flew past on the TV screen as Jared's car zoomed into the last stretch of the final lap.

**BAM!** Travis's car came out of nowhere, pushing Jared's car off the racetrack. A second later, Travis flew across the finish line.

"Yes!" Travis said. "Still the champ!"

"That wasn't fair!" Jared said. "I want a rematch."

"That *was* a rematch," Travis answered with a laugh.

"Face it, little bro. I'm a blast from the past made of nothin' but *fast!*"

Usually Jared liked joking around with Travis when they played video games. But this time he didn't feel like laughing. "Let's race again," he said.

"Are you sure?" Travis asked. "You seem kind of mad."

"I'm not mad!" Jared said loudly. "Come on. One more race."

Travis shrugged. "OK. But last one."

By the end of the second lap, Jared's car was in third place. His heart started thumping harder. Then halfway

through the final lap, he finally caught up with Travis's car. It was now or never! Jared's thumbs flew as he did his best passing move.

**BAM!** At the last second, Travis crashed into Jared's car, sending it off the track—again!

"Aaaugh! Not again!" Jared felt anger filling up inside him like a water balloon ready to pop. He threw the controller down and jumped off the couch. Then he ran and kicked the wall next to the TV.

**CRUNCH!**

Jared stared down in disbelief. He pulled his foot slowly out of the hole in the wall he'd just made with his foot.

"Whoa," Travis said. "That's not good."

Suddenly Jared's anger vanished. Now he was just plain scared. Not only about what Mom and Dad were going to say but because he'd never felt that mad before. And all over a dumb video game!

"Hey, bro. I'm sorry," Travis said. "I wasn't trying to be mean."

"It's not your fault," Jared said. "I can't believe I just did that."

Jared spent the rest of the afternoon dreading the time when Mom and Dad would get home from their date. What would he tell them? He couldn't even explain it to himself. He went to his bedroom to pray. He asked for forgiveness and



for help in knowing how to talk to Mom and Dad.

As soon as he heard their voices, Jared ran out to meet them. "Mom! Dad! I'm so sorry!"

Dad stopped laughing. "Sorry for what?" Jared showed them the wall and explained what had happened.

"We're glad you told us the truth," Mom said. They all agreed that Jared would do extra chores to help pay for fixing the wall. That was only fair.

Dad's face softened. "The wall isn't what has me worried. Can you help me understand how you got so angry?"

Jared tried to put into words how he'd felt when he kept losing over and over.

"It sounds like you started feeling really frustrated,"

Dad said. "Do you think it might be a good idea to cut back on video games for a few weeks?"

Jared nodded. That made sense. Maybe he and Travis could go on more bike rides.

"We love you," Dad said, pulling Jared into a hug. "If you have any more problems like this, we can figure it out together."

Jared said a quick prayer after Mom and Dad left the room. "Thank Thee for helping me talk to Mom and Dad."

He felt a warmth spread in his heart. *This is the best feeling I've had all day*, he thought. *Things are going to be OK.* ●



Sometimes I get really upset. One minute I feel fine, and the next I feel like everything is not fine! What can I do?  
—Moody in Madrid

## Dear Moody,

As you grow up and your body changes, it's normal for your feelings to change quickly sometimes. So don't worry too much!

Sometimes strong feelings will go away if you just wait a few minutes. When you feel angry, sad, or frustrated, try taking some deep breaths, praying, singing a comforting song, or taking a break from what's upsetting you. You can also talk to a trusted adult about your feelings. And remember, the Savior always understands how you feel. He loves you, no matter what.

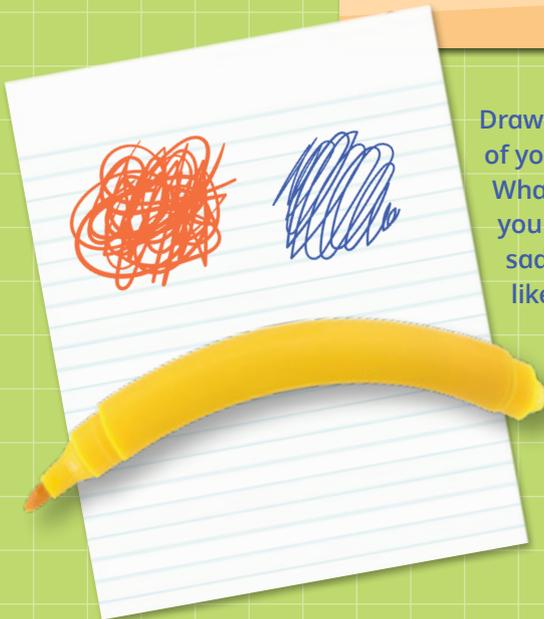
The *Friend*

Try one of these activities the next time you feel mad or upset.

Close your eyes and pretend you're at the beach. As you picture the waves rolling up on the sand, take a big, deep breath. Then let the air out as the waves roll back into the ocean.



Draw a picture of your feelings. What does your anger or sadness look like?



Ask yourself, "Why do I feel this way? What made me upset?" Try writing it down on a piece of paper. If you want, you can rip up the paper into tiny pieces and throw it away.



# Book of Mormon Art Show!



Maelee B., age 6, Virginia, USA



Teagan C., age 12, Hawaii, USA

## FUNSTUFF ANSWERS

- Page 8 →
- Page 21: 6
- Page 31: a keyboard;  
Arequipa, Peru



## HIDDEN CTR RINGS

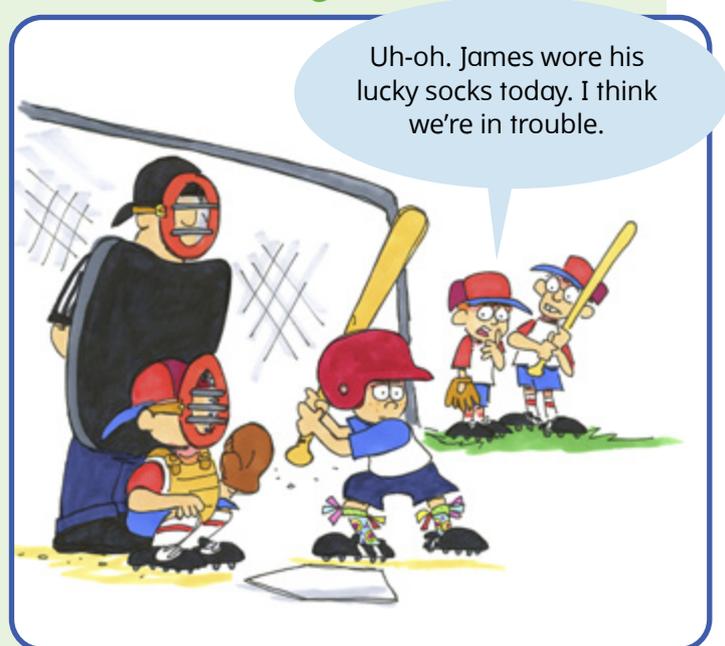
Did you find the rings?  
Look on pages FJ9, 13, and 32.

## How to Write to the *Friend*

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

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

## The Last Laugh



Please send your submission to:

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

May the *Friend* contact you  
with a survey?

Yes  No

**The following information and permission must be included:**

First and last name \_\_\_\_\_

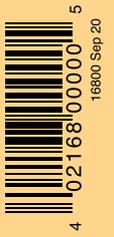
Age \_\_\_\_\_ Boy/Girl \_\_\_\_\_ State/Province, Country \_\_\_\_\_

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

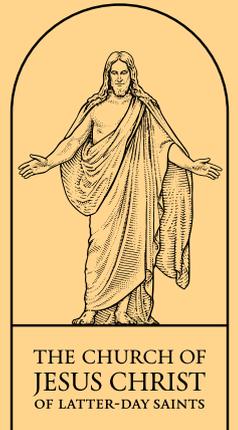
Signature of parent or legal guardian \_\_\_\_\_ Date \_\_\_\_\_

Email of parent or legal guardian \_\_\_\_\_

# the Friend junior



16800 Sep 20



THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

# Come, Follow Me

for Little Ones

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

FOR  
**Helaman**  
13-16

## JESUS LOVES US

**Read Helaman 14:11-12** together. Show your little ones a picture of Samuel standing on the wall and teaching people about Jesus. (You could use page FJ4 or the cover.) Then help them take turns standing on a chair or couch—like Samuel on the wall—and saying simple sentences about Jesus, like, "Jesus was born in Bethlehem," "Jesus is the Son of God," and "Jesus loves me."



FOR  
**3 Nephi**  
1-7

## JESUS WAS BORN

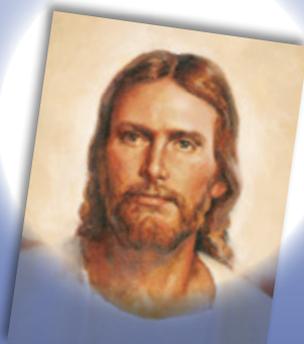
**Read 3 Nephi 1:19** and help your little ones say, "I'm so glad Jesus was born!" Then visit [children.ChurchofJesusChrist.org](http://children.ChurchofJesusChrist.org) and watch the sing-along videos for "Samuel Tells of the Baby Jesus," "He Sent His Son," "God's Christmas Gift," or other songs about the birth of Christ.



FOR  
**3 Nephi**  
8-11

## LIGHT OF THE WORLD

Turn off the lights and shine a light on a picture of Jesus as you **read 3 Nephi 9:18**. Then help your little ones say, "Jesus is the Light of the World." You could also read the scripture story on pages FJ4-FJ6. Testify that Jesus knows each one of us individually. He loves us!



FOR  
**3 Nephi**  
12-16

## PRAYER

**Read 3 Nephi 13:9-13** together and help your little ones say, "Heavenly Father wants me to pray to Him." Collect pictures of people doing different gospel activities, including praying, from Church magazines or at [medialibrary.ChurchofJesusChrist.org](http://medialibrary.ChurchofJesusChrist.org). Turn all the pictures upside-down, then take turns flipping them over. Whenever you see someone praying, help everyone practice folding their arms, bowing their heads, and closing their eyes.



## ACTION RHYME

# One by One

By Jordan Monson Wright



The land of Nephi stood in darkness  
after Jesus died.

Three days went by.  
A light appeared—Jesus was alive!



He healed the sick, the lame, the blind.  
And then when He was done . . .

He called for all the children,  
and He blessed them one by one.



It happened long ago,  
so I wasn't there to see,

But I know He loves every child,  
including you and me.



See *Come, Follow Me* for 3 Nephi 8–11.

# Amy and Her Trike



Amy

rides her



trike

at the park.



Amy

sees



birds

flying.



Amy

sees a



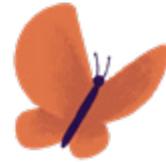
dog

running.



Amy

sees a



butterfly

too.



Amy

sees



Todd

riding his



trike

. Oh no!



Amy

bumps



Todd

with her



trike



Todd

cries.



Amy

says, "I'm sorry."

She hugs



Todd



Amy

says, "Want to ride



trikes

with me?"



Todd

says, "Yes!"



Amy

and



Todd

ride their



trikes

together.



Amy

knows



Jesus

is happy when she is nice to others.

# Riding with Friends

Amy and her friends want to ride their trikes.  
Draw a line from each child to their trike.

Amy rides a  
**red** trike



Diego rides a  
**yellow** trike



Courtney rides  
a **purple** trike



Todd rides an  
**orange** trike



Alani rides a  
**green** trike



# Jesus Visited the Americas



In the Book of Mormon, a prophet named Samuel taught people about Jesus. He said a bright new star would shine when Jesus was born.

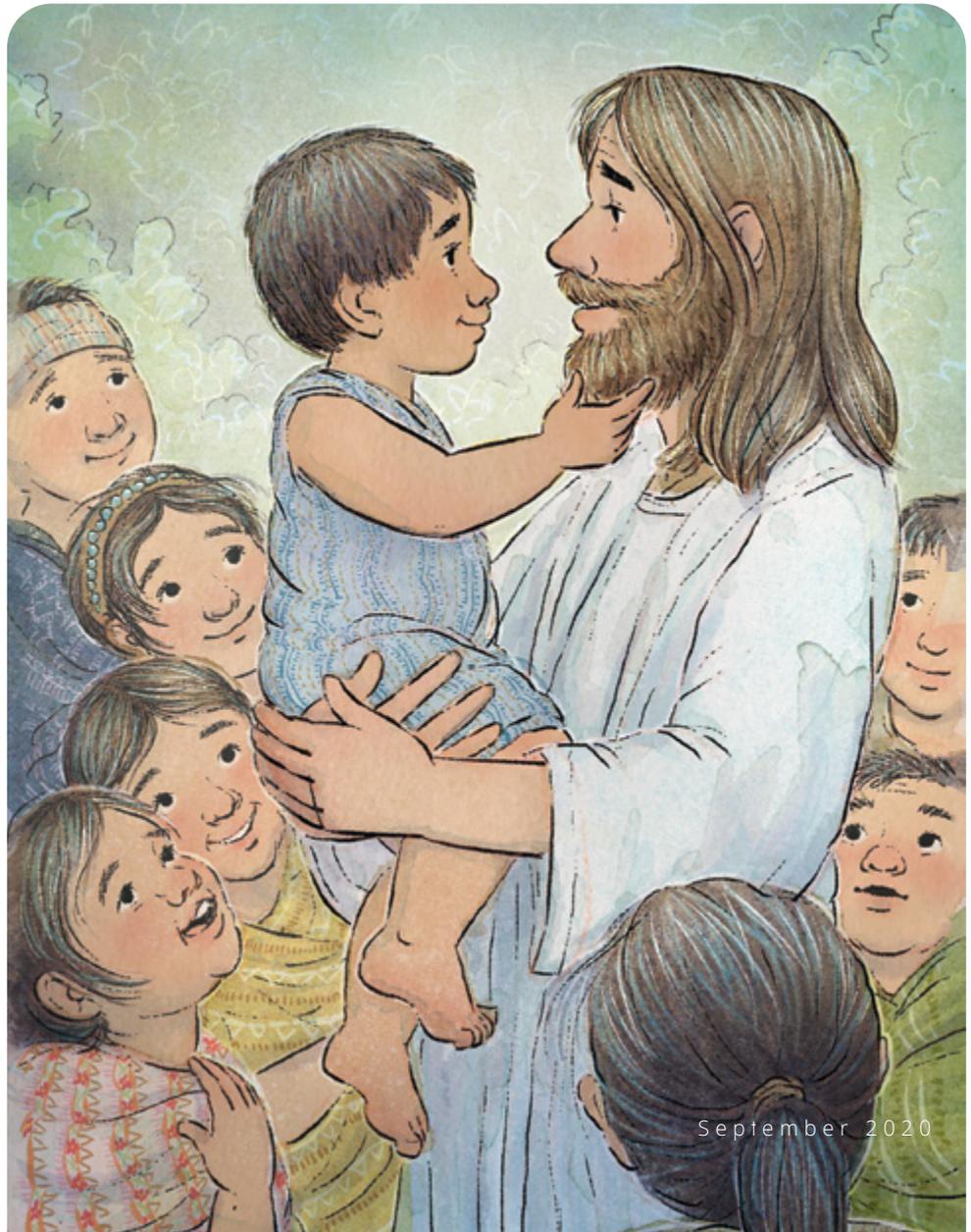
Some people believed the prophet and watched for the star. One night, the new star appeared! It was a sign that Jesus had been born in a land far away.



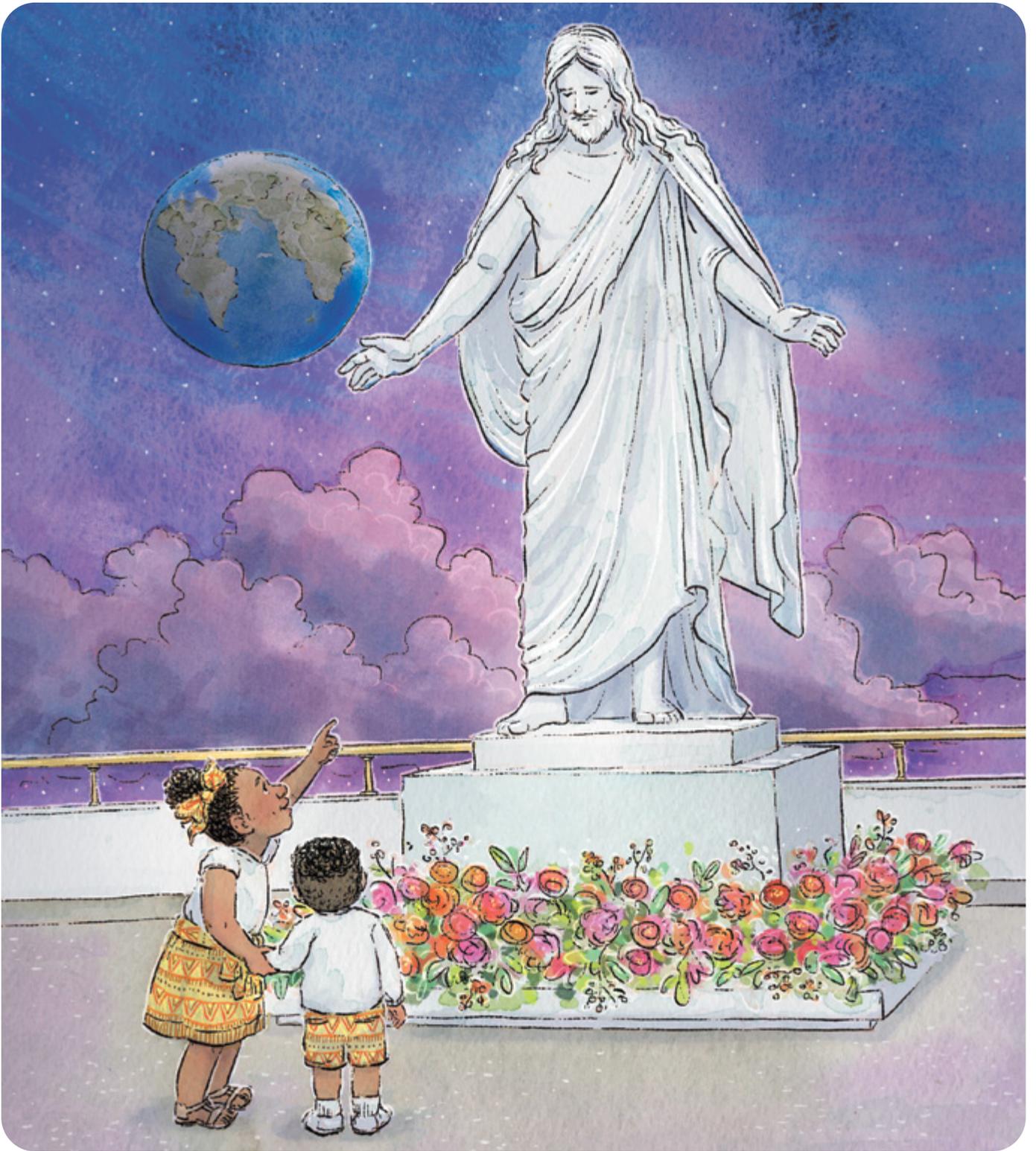


Years went by. One day the whole earth seemed sad. There were earthquakes and storms. It was a sign that Jesus had died.

The land stayed dark for three days. Then something wonderful happened. Jesus came to visit the people of Nephi! He was resurrected, which means He was alive again. He spent time with each person, one by one.

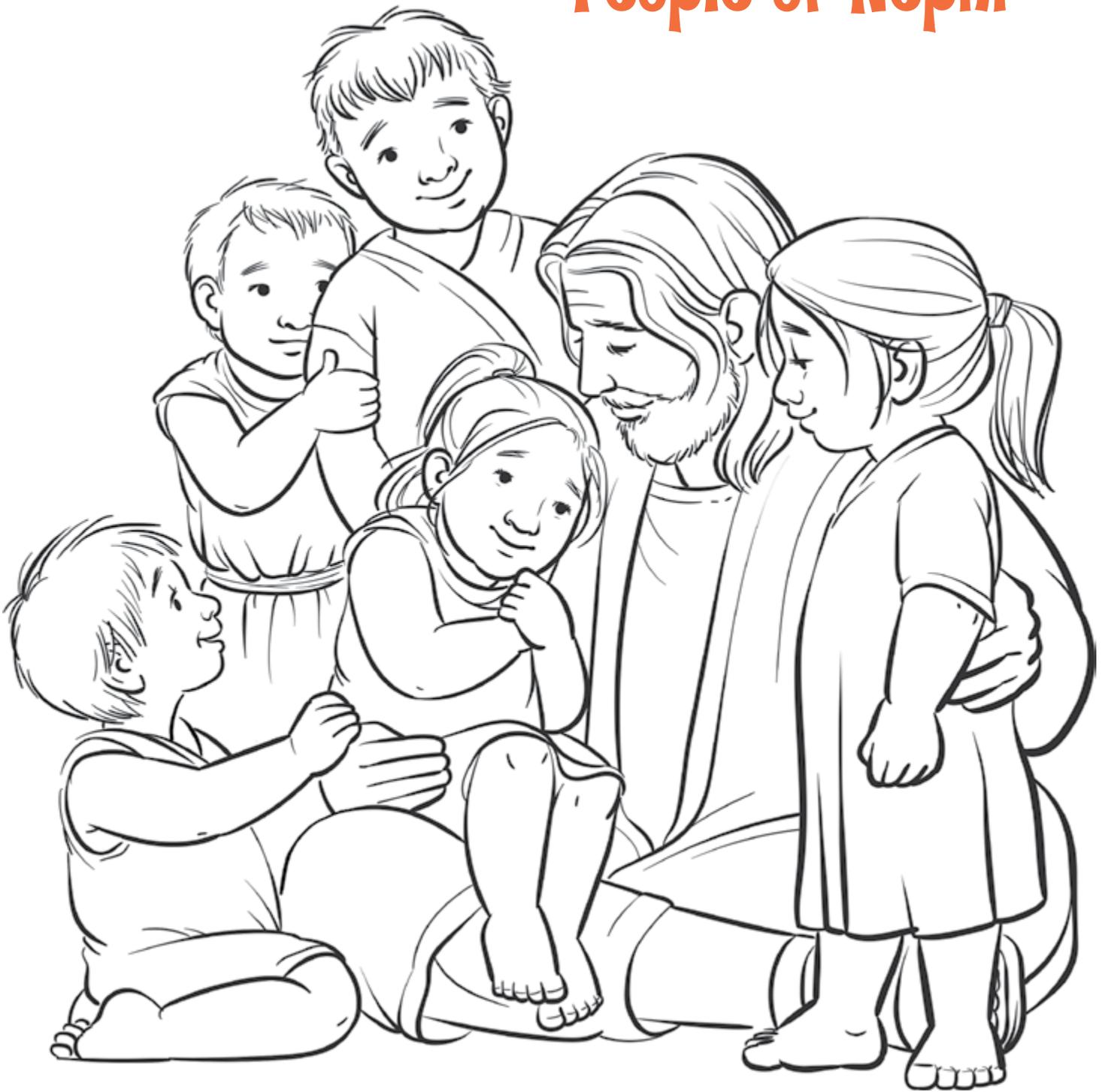


See *Come, Follow Me* for  
3 Nephi 8–11.



Jesus knows who I am. He can help me when I'm afraid.  
He is the Light of the World! ●

# Jesus Visited the People of Nephi



What would you tell Jesus if He visited you?  
One day you will see Him again!

# Isaac and the Temple



**By Jane McBride**  
(Based on a true story)

Isaac bounced up and down in his seat. He looked out the car window. They were going to visit Grandma and Grandpa. They were going to see something else special too.

“When will we see the new temple?” Isaac asked Mom.

“Tomorrow,” she said.

Isaac smiled.

Finally Isaac and his family got to Grandma and Grandpa’s house.

The next morning, Isaac got dressed in his Sunday clothes. It felt funny to wear his tie in the middle of the week. Isaac ate breakfast with his family. Then they drove to the temple open house. They were going to see inside the new temple before it was dedicated.

“I see the temple!” Isaac said. He pointed to the white building with the angel Moroni on top.

There was a Church building next to the temple. Isaac and his family went there first. They watched a video. Someone helped put white covers over their shoes.

Finally it was time to go inside the temple! Isaac walked through the temple doors. His heart felt happy.

Isaac saw lots of paintings on the walls. Some paintings showed people praying. Some paintings showed beautiful plants and animals.





Then Isaac saw a painting he liked best of all. It was a painting of Jesus! Jesus was standing with His arms stretched out.

"It looks like Jesus is opening His arms to me," Isaac whispered to Dad.

"Jesus *always* has His arms open for you," Dad whispered back. "He loves each of us."

Isaac had a good feeling in his heart. He imagined walking next to Jesus in the temple. He imagined Jesus giving him a hug.

Jesus loves Isaac. And Isaac loves Jesus too! ●

The author lives in Colorado, USA.

