

SEPTEMBER 2021

the Friend

Following Jesus Together



— — —
**Peace in
CHRIST**

See pages 2-3
— — —

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

Dear Friends.

Have you ever felt worried or upset during a storm, a sickness, or an argument? Jesus knows how you feel, and He can help you! On page 3 you can read about how Jesus calmed a big storm and do an activity to help you feel peace.



With love,
The *Friend*

P.S. Please write and tell us how you feel peace.



WHERE WE READ THE *FRIEND*

Milfred and Alfred W., ages 7 and 4, read the *Friend* in English in Kampala, Uganda.

I LOVE TO SEE THE TEMPLE

Logan A., age 10, visited the Montreal Quebec Temple.



SCRIPTURE ROCK ART!

For home evening, we made three scripture rock-art scenes. We had fun learning the scripture story about the brother of Jared (Nov. 2020)!

James and Séfora W., ages 6 and 5,
Navarre, Spain

the Friend

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Hard: Come see the temple!

Harder: Searching in the forest

Hardest: Let's play a game

Here is the CTR ring in Chinese!



Front cover by Essi Kimpimäki

CTR ring answers: 44, 21, 9

These stories and activities support this month's *Come, Follow Me* lessons at home and in Primary. Find more resources at lessonhelps.ChurchofJesusChrist.org.

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Singing for Jesus



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

Singing hymns and Primary songs is a way to show our love for Jesus. He set an example for us. At the end of the Last Supper, Jesus and His Apostles sang together (see Matthew 26:30).

Singing can:

**Show our love
for Jesus.**

**Bring the
Holy Ghost.**

**Give us
spiritual strength.**

**Prepare us to
learn the gospel.**

When you sing, think about what the words are saying. When you are tempted to make a bad choice, try humming a Primary song. As you sing, you will feel closer to Heavenly Father and Jesus Christ. ●

*Adapted from "Worship through Music,"
Ensign, Nov. 1994, 9–12.*

Peace in Christ

One night while Jesus and His disciples were on a ship, there was a big storm. The disciples were afraid. They woke Jesus up and asked Him for help. "And [Jesus] arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm" (Mark 4:39).



Color the picture. Then write down some of your favorite songs about Jesus.
When you feel lonely or afraid, sing one of the songs to feel comfort and peace.

Learn a new song about Jesus on page 23.



NEW Amigos

*Brigit didn't know Spanish.
How would she meet anyone?*

By Amie Jane Leavitt

(Based on a true story)

"I was a stranger, and ye took me in"
(Matthew 25:35).

Brigit stared out the car window as her family drove through the narrow streets of Caracas, Venezuela. There were brightly colored homes and big green mountains. It was a beautiful place. Mom and Dad said living here would be a new adventure.

But Brigit still felt worried. Today was their first time going to church in their new country.

Mom turned to Brigit. "Are you OK, sweetie?" she asked. "You don't look like you feel very good."

Brigit twisted her hands. "I'm scared. I can't speak Spanish. How can I make friends?"

Mom reached over to hold Brigit's hand. "I know you're worried. But it's going to be OK. Take some deep breaths."

Brigit looked down at her hands. They felt cold, even though it was hot outside. Her heart beat faster,

and her stomach felt funny as the car pulled into the church parking lot. What would church be like? Would she understand *anything*?

Walking into the chapel, Brigit felt like a stranger. She looked around at the other families, all speaking Spanish. Then she saw two girls who looked about her age.

As soon as the girls saw Brigit, they rushed over to her. They spoke quickly in happy voices, with big smiles.



But she couldn't understand anything they said. *Will they go away when they find out I don't speak Spanish?* she wondered.

Brigit took a deep breath. "*No hablo español*," she said, shaking her head. "I don't speak Spanish." Tears started to fill her eyes.

The girls just shrugged their shoulders and smiled even brighter. One girl pointed to herself and said, "Dayana." Then she

pointed to the other girl and said, "Andrea."

Brigit's worries began to melt away. She smiled at the girls and pointed to herself. "Brigit."

Dayana and Andrea sat down next to Brigit. They taught her how to say "scriptures" in Spanish and a few other words. When sacrament meeting started, Brigit's heart felt warm and peaceful.

After Primary, Brigit and her new friends sat in the grass outside the church while their parents talked. Dayana and Andrea taught Brigit some more Spanish words. Then Dayana pointed to a tree and asked, "*¿Inglés?*"

Brigit smiled and pointed too. "Tree," she said. She beamed and

pointed at other things, saying the words in English.

Dayana and Andrea repeated the English words. Then they taught Brigit how to say them in Spanish. Brigit learned all kinds of helpful words, like *libro* (book), *casa* (house), and *coche* (car). Best of all, they taught her how to say *amigos* (friends).

Soon it was time to go home. Brigit waved goodbye to Dayana and Andrea.

"How was your first day at church in Venezuela?" Dad asked.

Brigit smiled. "It was great! I made some friends. And they're teaching me Spanish!"

"That's wonderful! I'm so glad you had a good day."

Brigit thought about how Dayana and Andrea had welcomed her. She didn't feel like a stranger anymore. She knew that Heavenly Father was helping her make friends. And she couldn't wait to see what the rest of her time in Caracas would bring! ●

The author lives in Utah, USA.



WELCOMING SOMEONE NEW

Jesus said when we welcome people who feel like they are strangers, we are showing love to Him (see Matthew 25:35, 40). What can you do to welcome someone who is new?



COME, FOLLOW ME

SCRIPTURE TIME FUN

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

Temple Time

FOR DOCTRINE AND COVENANTS 94-97



Sing "I Love to See the Temple"
(*Children's Songbook*, 95).

Jesus told the Saints to build a temple
(see Doctrine and Covenants 95:8).
Temples are important places where
we can make covenants (promises) with
Heavenly Father and be sealed to our
families.

Go to temples.ChurchofJesusChrist.org
to look at pictures of temples around the
world. Talk about why temples are so
sacred and special.

Happy Faces

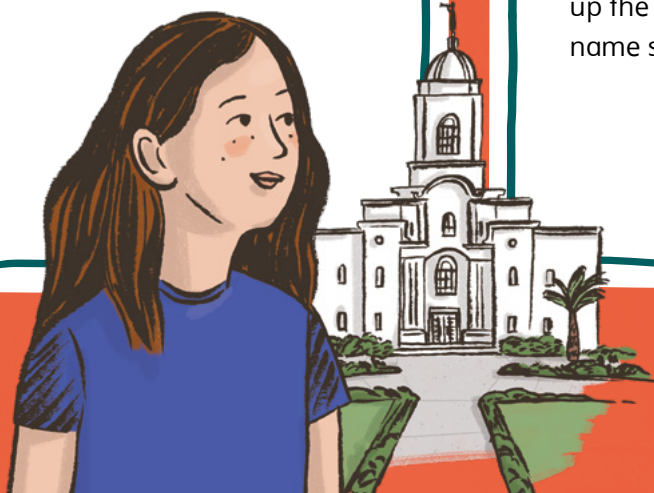
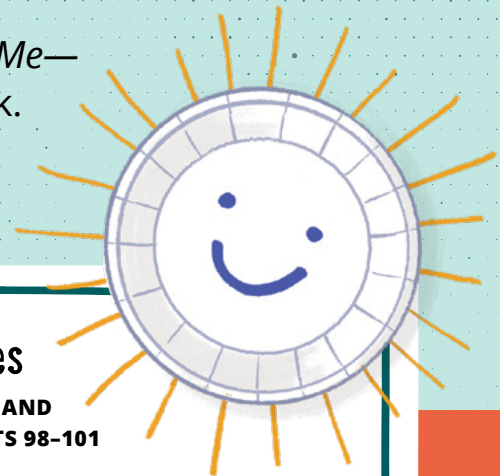
FOR DOCTRINE AND
COVENANTS 98-101



Sing "There Is Sunshine in
My Soul Today" (*Hymns*, no. 227).

Jesus said, "In me your joy is full"
(Doctrine and Covenants 101:36). Joy is
long-lasting happiness you feel in your
heart.

Draw a happy face and a frowny face
on either side of a paper plate or paper
circle. Together name some things that
make people happy or sad and hold
up the happy or sad face. Make sure to
name some happy things about Jesus!



Jesus Says . . .

FOR DOCTRINE AND COVENANTS 102-105



Sing "I Will Be Valiant" (*Children's Songbook*, 162).



Jesus taught that if we keep the commandments, we will be blessed (see Doctrine and Covenants 103:7).

Have one person say "Jesus said" and then tell something Jesus has asked us to do. Then do an action that goes with the words. For example, if the person says, "Jesus said to love everyone," you could make a heart with your hands. If the person says, "Jesus said to pray," you could fold your arms. Take turns telling what Jesus said.



Conference Coloring

FOR DOCTRINE AND COVENANTS 106-108



Sing "We Thank Thee, O God, for a Prophet" (*Hymns*, no. 19).

Jesus calls prophets, apostles, and others to lead the Church (see Doctrine and Covenants 107:21-26). We hear from some of these leaders at general conference!

While you listen to conference, use the activities on pages 24-25 to help you stay focused. Then write to the *Friend* to tell us what you liked most about general conference.



I Love to See the Temple

FOR DOCTRINE AND COVENANTS 109-110



Sing "The Spirit of God" (*Hymns*, no. 2).

After the Kirtland Temple was built and dedicated, Jesus Christ appeared there to Joseph Smith and Oliver Cowdery (see Doctrine and Covenants 110:2-7). The temple is the Lord's house. You can learn more about the Kirtland Temple on page 42.

Draw a picture of your favorite temple. Sing "I Love to See the Temple" (*Children's Songbook*, 95). Every time you sing the word *temple*, hold up your temple picture. Think of some other words in the song that show how special and beautiful temples are.

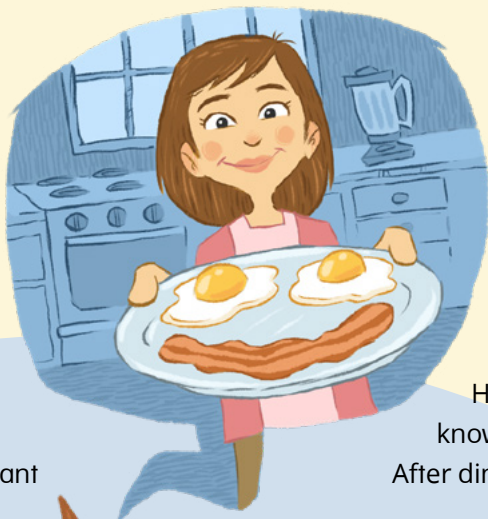
By Juliann Doman

(Based on a true story)

"Pleasant words are . . . sweet to the soul" (Proverbs 16:24).

Jonathan sighed as he walked home from school. He usually looked forward to weekends. But lately there was more teasing and arguing in his family. Jonathan wished they could have more fun together.

That night, Jonathan got on his knees to pray. "Heavenly Father, I want



to help my family get along better. Please help me think of a way to help them all feel loved. And please help them get along better. In the name of Jesus Christ, amen."

Jonathan felt happier when he climbed into bed. He knew Heavenly Father would help him know what to do.

After dinner on Sunday, Dad gave out the

Saying the Nice Things



assignments for home evening. "Jonathan, you're in charge of conducting," Dad said.

Jonathan smiled. He liked home evening. It was a special time when they all got to spend time together. It helped him feel close to each member of his family.

That gave Jonathan an idea! Maybe there was a way to keep that special feeling all week long.

On Monday night, Jonathan bounced in his seat as he waited for home evening to start. First his younger brother, Chris, said the opening prayer.

Jonathan stood up. "Thanks for that nice prayer, Chris," he said. "Now I want to introduce something new. It's called, 'Saying the Nice Things.'"

"Saying the Nice Things?" asked Chris.

"Yes! Whoever conducts gets to say something nice about everyone in our family. And they can't forget to say something nice about themselves! I'm conducting this week. So I get to say the nice things."

Jonathan smiled at Chris. "Chris, you wake up happy every day. You're a good example, especially when I feel extra tired."

Chris smiled. "Thanks!"
Jonathan's heart felt warm. "Joanna, you work

really hard, but I never hear you complain. And you always make time for me."

"Aww, I love you," said Joanna. She ruffled his hair and gave him a big hug.

Jonathan's heart felt even warmer. "Tag is a great listener. When I call him at college, he always gives me great advice and tells me to keep going. And before Benson went on his mission, he helped me love the scriptures. I miss him, but he's doing a great job teaching people about Heavenly Father."

Jonathan turned to Dad. "Dad, you help us have fun no matter what we're doing."

Dad laughed. "Even when we're getting wet and muddy trying to plant our garden for the fourth time?"

"Even when we're doing that!" Jonathan laughed. "And, Mom, you make the most delicious breakfasts for us every day before school. That's what gets me out of bed in the morning!"

"Oh yeah!" Dad put his arm around Mom.

Mom smiled and blew Jonathan a kiss.

"Hey, now you have to say something nice about yourself, Jonathan!" Chris said.

Jonathan beamed. "With Heavenly Father's help, I thought of 'Saying the Nice Things.' That makes me happy!"

Everyone smiled at Jonathan. "Saying the Nice Things" had made his family happy too. ●

The author lives in Utah, USA.



◆ See *Come, Follow Me* for Doctrine and Covenants 102–105.



The Apostles minister to people around the world and teach them about Jesus Christ.



Because of COVID-19, it wasn't safe to travel. So Elder Gary E. Stevenson and his wife, Lesa, had a video conference with 600 missionaries in Australia.

Elder Stevenson Visits Australia Online



Elder Stevenson talked to the missionaries about helping families learn about Jesus Christ and prepare to go to the temple.



They could see the missionaries on video screens.

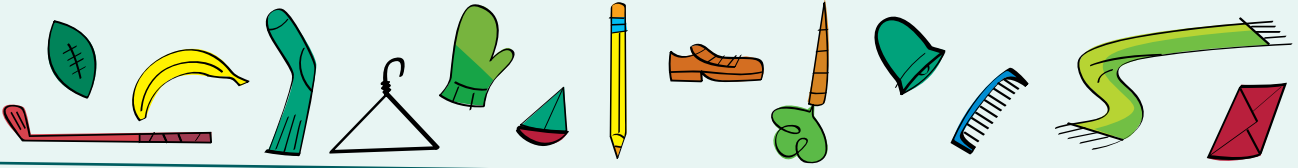
"I could read their names and speak to them," Elder Stevenson said. "And they could wave back to me."

One day [we] will look back . . . to the challenging times . . . to see them overshadowed by choice blessings. *



Find It!

These friends invited others to play with them. They want everyone to feel welcome! Can you find the hidden items in the picture?





MEET ELEANOR

from the USA

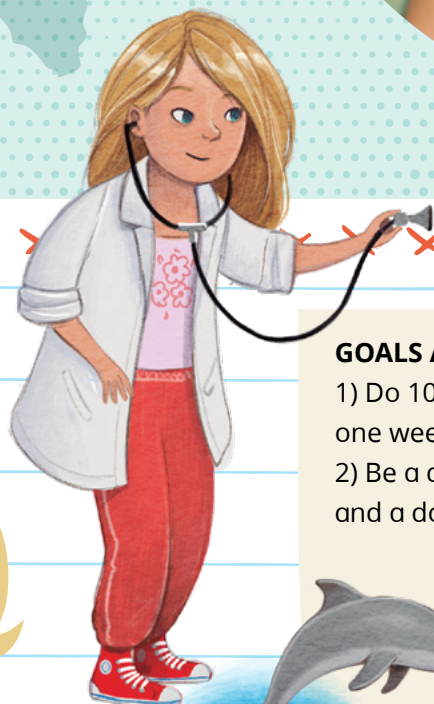
Meet Primary children helping others, like Jesus did.



All about Eleanor

AGE: 7

LANGUAGE:
English



GOALS AND DREAMS:

- 1) Do 100 nice things in one week.
- 2) Be a dolphin trainer and a doctor.



FAMILY: Mom, Dad, two older sisters and two older brothers, plus her dog, Coco, and her cat, Sushi!



Eleanor's Helping Hands

After a hurricane in Florida, USA, Eleanor's home was damaged. Her neighbors' homes were damaged too. So Eleanor and her siblings did their own Helping Hands project in the neighborhood. They invited their friends to come along too! Together they helped an older couple clear away a large tree that was blocking their front door. Eleanor helped clear branches out of the way and helped move pieces of the tree as it was cut up.

The neighborhood friends worked hard for days to help clear trash and tree branches from roads, driveways, and yards. When more volunteers came to help after the hurricane, Eleanor gave up her bedroom so they'd have a place to stay. Eleanor said, "I follow Jesus by helping others, and I loved helping with the hurricane cleanup. It made me feel good. It even stopped feeling hard because I felt so happy." ●



Eleanor followed Jesus by inviting others to help. Turn the page to read a story about how Jesus served.

Eleanor's Favorites



PLACE: Home



STORY ABOUT JESUS:

When He was born in Bethlehem

PRIMARY SONG: "My Heavenly Father Loves Me" (*Children's Songbook*, 228)



FOOD: Sweet potatoes



COLOR:
Light blue

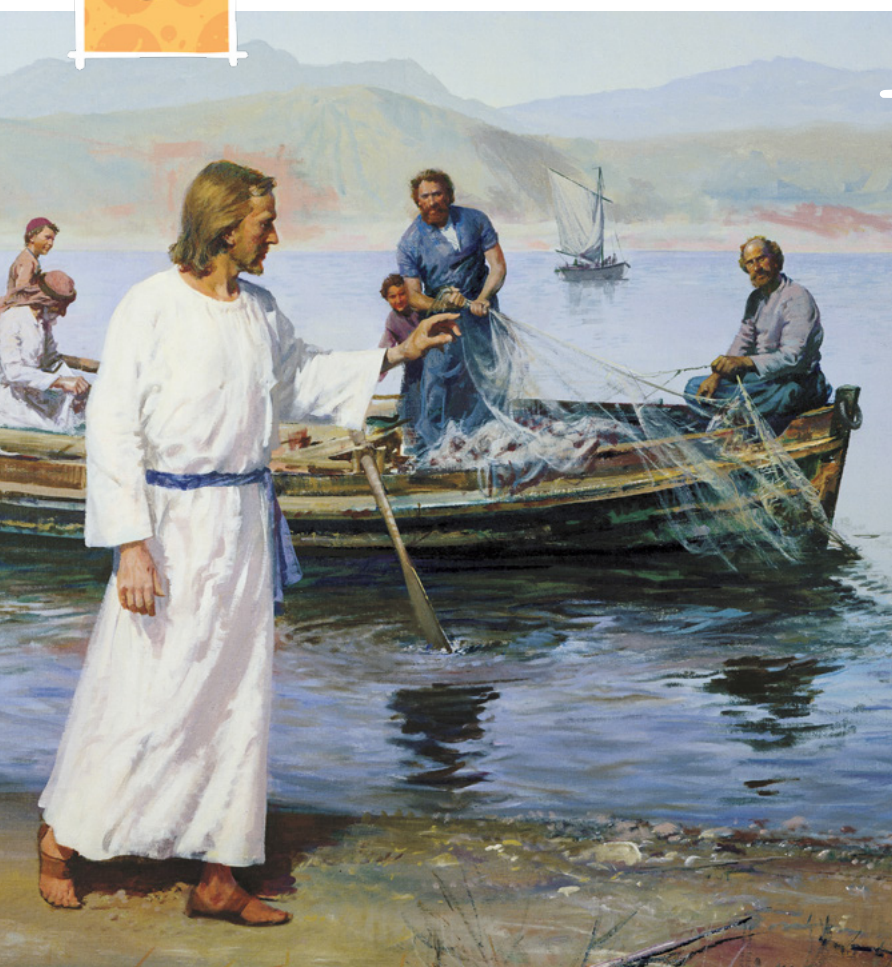


SUBJECT IN SCHOOL:
Science



"Let us put our faith in the Lord Jesus Christ into action!"

President Russell M. Nelson, "Opening the Heavens for Help," *Ensign* or *Liahona*, May 2020, 73.



Jesus Invited Others

One day Jesus saw some fishermen working in their boats. He called out to them. He invited them to follow Him and help with His work. The four fishermen followed Jesus and became Apostles. Together they served many people. ●

You can read the whole story in
Matthew 4:18–22.

I CAN INVITE OTHERS



Who is someone you can invite to help with you?



Say a prayer and make a plan to help.



Do your plan!



Cut out this card to remind you to keep helping like Jesus.



I help my friends with their work at the family farm. I also read the scriptures to my friend's grandma. At home I help my mother in the kitchen.

**Mateo M., age 10,
San José Department,
Uruguay**



How are you trying to help others, like Jesus did? Write and tell us.



ADVENTURES IN THE USA

with Margo and Paolo

Welcome to the United States of America!



The very first temple in the Church was built in Kirtland, Ohio, in 1836.



Today there are more than 80 temples in the USA!



Some parts of the USA are really hot and dry.



Other parts are cold and snowy!



There are more than 74 million children in the USA.



Maybe one of them could use a friend!



Join the Helping Hands Team

Eleanor learned that we can help even more people when we help together!

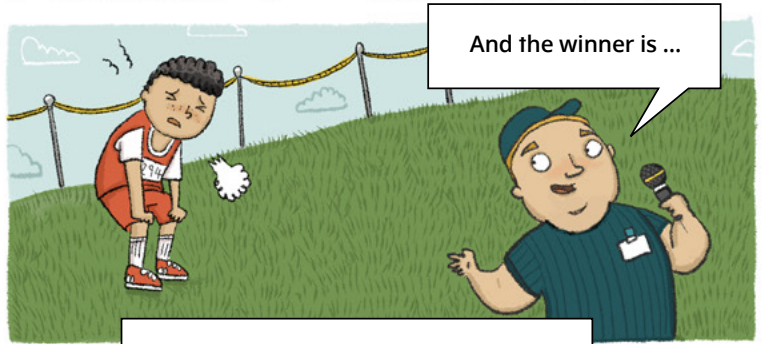
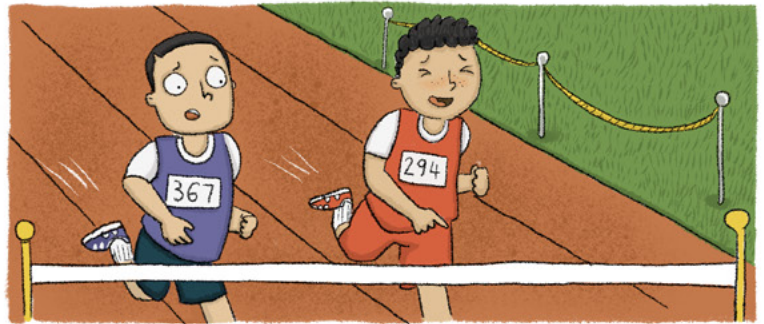
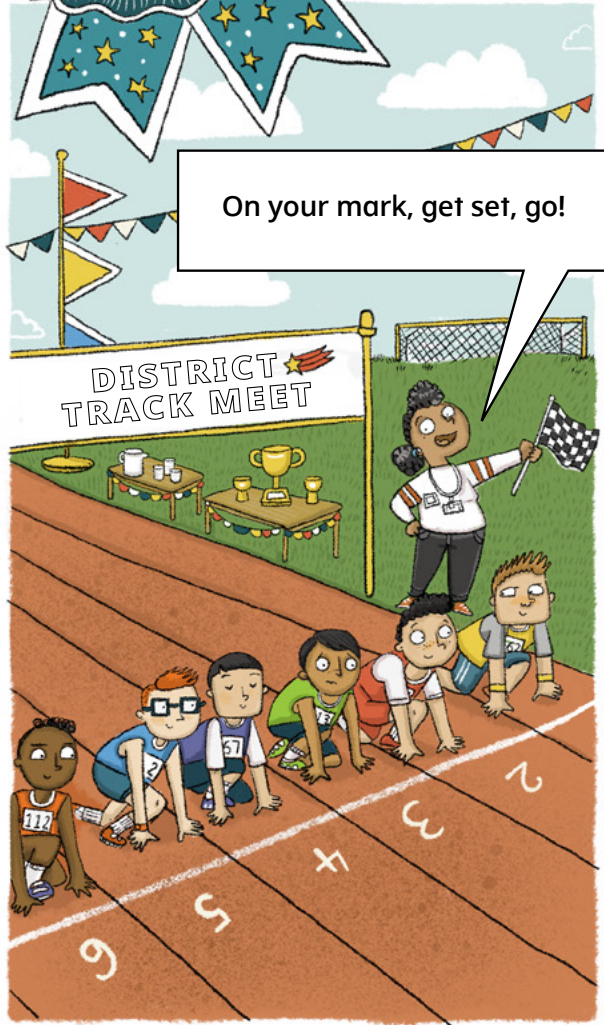
Challenge: Team up with a friend or sibling to solve a problem. Is there something in your home or community you can help with?





THE WINNING CHOICE

By Eliza Broadbent
(Based on a true story)



LATER THAT WEEK ...

Your coach just sent over the schedule for the meet.

Oh no ... the meet is on Sunday!

Should I go? What if this is my only chance? I might not make it again next year.

Sorry, Coach. I don't do races on Sunday. I want to keep the Sabbath day holy.

I'm glad I put Christ first. I know I made the right choice.

The author lives in Utah, USA.



DESIDERIA YÁÑEZ

1814–1893

“She was . . . anxious to read the Book of Mormon.”

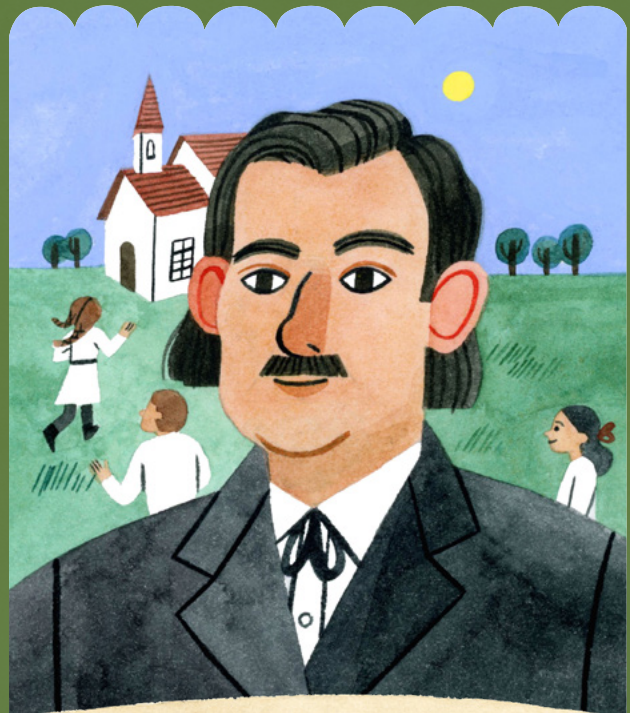
- She had a dream about a Church pamphlet that would change her life.
- Her son, José, found the pamphlet in Mexico City. Missionaries taught her the gospel.
- She was the one of the first people to read the Book of Mormon in Spanish.
- She was one of the first women in Mexico to be baptized.

Horace Cummings, in Horace Cummings mission journal, Oct. 24, 1886, Church History Library, Salt Lake City, Utah, USA.

“I . . . wish to be useful to the Church.”

- He was born in Spain. He traveled to Cuba, Mexico, and the United States to help people.
- He met missionaries and joined the Church.
- He helped translate the Book of Mormon into Spanish.
- He learned that there were no schools for children who spoke Spanish in El Paso, Texas, USA. So he started a school for them and taught there for many years.

L.M. Peterson letter, Manassa, Colorado, to John Taylor, 1880, Church History Library, Salt Lake City, Utah, USA.



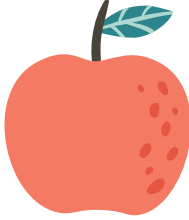

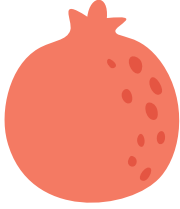




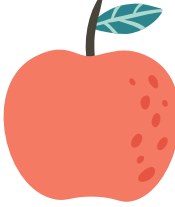


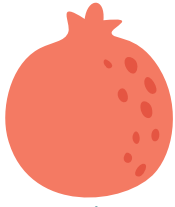
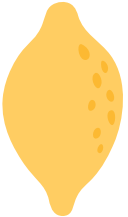
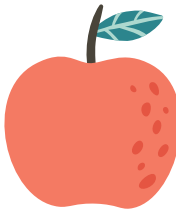


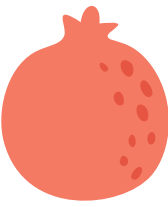

OLIVAS VILA AOY

1823–1895

Fun with Fruit

Use the number key to solve these fruity puzzles.

				
1	2	3	4	5

	-		+		=	<input type="text"/>
	+		+		=	<input type="text"/>
	-		+		=	<input type="text"/>
	+		-		=	<input type="text"/>

Answers: 4, 8, 3, 2, 4 times



Read Alma 32:41-43. How many times can you count the word *fruit*? How can you grow your faith?



The Mushroom Lesson

By Emily Werner

(Based on a true story)

"By the power of the Holy Ghost ye may know the truth of all things" (Moroni 10:5).

Annie was so excited. Mom was going to pick wild mushrooms with her friend, Miss Maria. And she said Annie could come too! So could three of her siblings who were old enough.

"OK," Mom said before they left. "I'm letting you come because I know you can be really good listeners. That's super important while we look for mushrooms. Some wild mushrooms are delicious. But some mushrooms are poisonous. They will make you sick. So can you all promise to do exactly what Miss Maria says?"

Annie and the others promised to be good listeners.

"Yes!" Annie and her siblings shouted. Annie, Autumn, Gideon, and Adelaide grabbed their baskets and walked to the forest to meet Miss Maria.

Miss Maria was a mushroom expert. She had been taught how to find safe mushrooms to eat in the Bavarian Forest in Germany.

"Hey, kids!" Miss Maria said. "Who's ready to find some mushrooms?"

Annie and her siblings cheered. "Me! Me!"

"Great!" Miss Maria said. "Now remember, you can only touch or pick the mushrooms that I say are safe."

Annie and the others promised again to be good listeners. Then they followed Miss Maria into the forest.

The sun was bright as they walked across the



moss-covered ground. There were mushrooms all over! There were orange, white, red, and brown mushrooms. Some were big. Some were little.

Annie's favorites were the red mushrooms with white polka dots. They reminded her of fairy tales. But she listened when Miss Maria told her not to touch them. Those mushrooms were beautiful but very poisonous!

Miss Maria guided them carefully. Annie and her siblings were good listeners, just like they promised.

They also got to help in other ways. Autumn took pictures of the mushrooms. When Miss Maria found mushrooms that were safe to eat, Gideon carefully cut the stems. Then Annie and Adelaide carried them in the baskets.

Finally it was time to go home. Miss Maria reminded them to wash their hands with soap and water as soon as they got back.

"Thank you for showing us the forest and helping us with the mushrooms," Annie said.

Miss Maria smiled. "Thank *you* for being good listeners!"

For dinner that night, Dad cooked potatoes, sausage, and eggs with an

extra-special ingredient. Mushrooms!

"Yum," Annie said as she took another bite. "These taste so good!"

"It's a good thing Miss Maria knew which mushrooms were safe to eat," Mom said.

"And it's a good thing we listened to what Miss Maria said!" said Autumn.

Annie thought for a moment. "Is that kind of like how we need to listen to the Holy Ghost?" Annie was getting ready to be baptized and confirmed. She was learning about what it meant to have the gift of the Holy Ghost.

Mom nodded. "Yes! The Holy Ghost can help us know what's right and good. Kind of like how Miss Maria helped us know which mushrooms were good to eat."

"So it's important to listen carefully to the Holy Ghost," said Dad.

"Exactly," Mom said.

"I'm glad the Holy Ghost can help keep us safe," Annie said. And with that, she smiled and took another big bite of delicious mushrooms. ●

The author lives in Bavaria, Germany.





Baylor B.,
age 8,
Texas, USA

A SPECIAL LUNCH

Because of COVID-19, I started third grade by learning online. After about a month of learning online, I was able to go back to school. I was happy to be around other kids again! But it was hard to make friends. I spent several recesses alone.

One day my teacher announced that there would be two new students in our class. I was so excited! The day the two new boys arrived, I helped them get their supplies ready. I remembered my first weeks of school and how hard it was to make friends. I wanted to try to make their day feel special. I knew that's what Jesus would do. Then a thought popped into my head: I had two coupons for lunch with a friend and the teacher. I could ask the two boys to come with me.

When it was lunchtime, I invited them to lunch. They said that they would love to go! We grabbed our lunches and walked down the hallway to our classroom. It felt good to include them and make them feel welcome. ●



Peace in Christ

Thoughtfully ♩ = 72

Simplified

Words and music by Nik Day

Chords: A^b E^b A^b E^b A^b C^m A^b

1. There is peace in Christ When we learn of Him. Feel the love He
Christ When we walk with Him Through the streets of

Chords: E^b B^b A^b E^b A^b E^b A^b C^m A^b

felt for us When He bore our sins. Lis - ten to His words. Let them come a - live. If we know Him
Gal - i - lee To Je - ru - sa - lem. Mend the bro - ken hearts. Dry the tear-filled eyes. When we live the

Chords: E^b B^b A^b E^b A^b C^m B^b E^b

as He is, There is peace in Christ. He gives us hope When hope is gone. He gives us
way He lived, There is peace in Christ.

Chords: A^b C^m B^b E^b A^b B^b C^m E^b

strength When we can't go on. He gives us shel - ter In the storms of life. When there's no peace on

Chords: A^b B^b 1. E^b A^b 2. E^b A^b B^b E^b

earth, There is peace in Christ. 2. There is peace in Christ. When there's no peace on earth, There is peace in Christ.

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Watch a sing-along
video for this song at
friend.ChurchofJesusChrist.org.
Click on "Videos."

Conference Notebook



General conference is right around the corner! We get to listen to a prophet of God. Do these activities while you listen to the prophet and the other speakers.



Listen with Your Heart



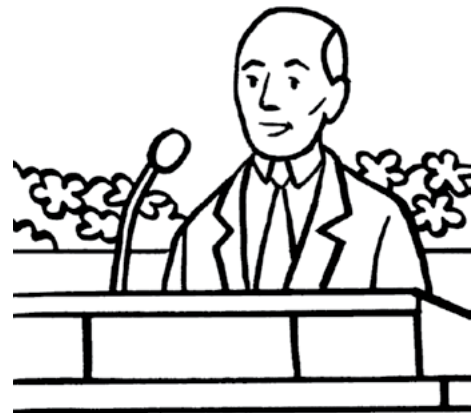
When you hear the words *Holy Ghost* or *Spirit*, draw a heart in this space. When you hear the word *listen*, draw a smiley face.

Conference Coloring

Listen for the words below as you watch conference. Color part of the picture as you hear each word.



JESUS CHRIST



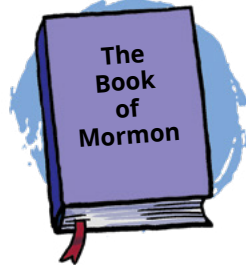
PROPHETS



SCRIPTURES

Four in a Row

When you hear someone talk about one of these things, put a marker (like a button or a pebble) on the square. Can you fill out a whole row? What about the whole box?



A Feeling of Peace



By Elder Joni L. Koch
Of the Seventy

One morning when I was 11 years old, I woke up and heard voices in the living room. No one had come to wake me up for school like they usually did. When I went out to see what was going on, I found out that my dad had died.

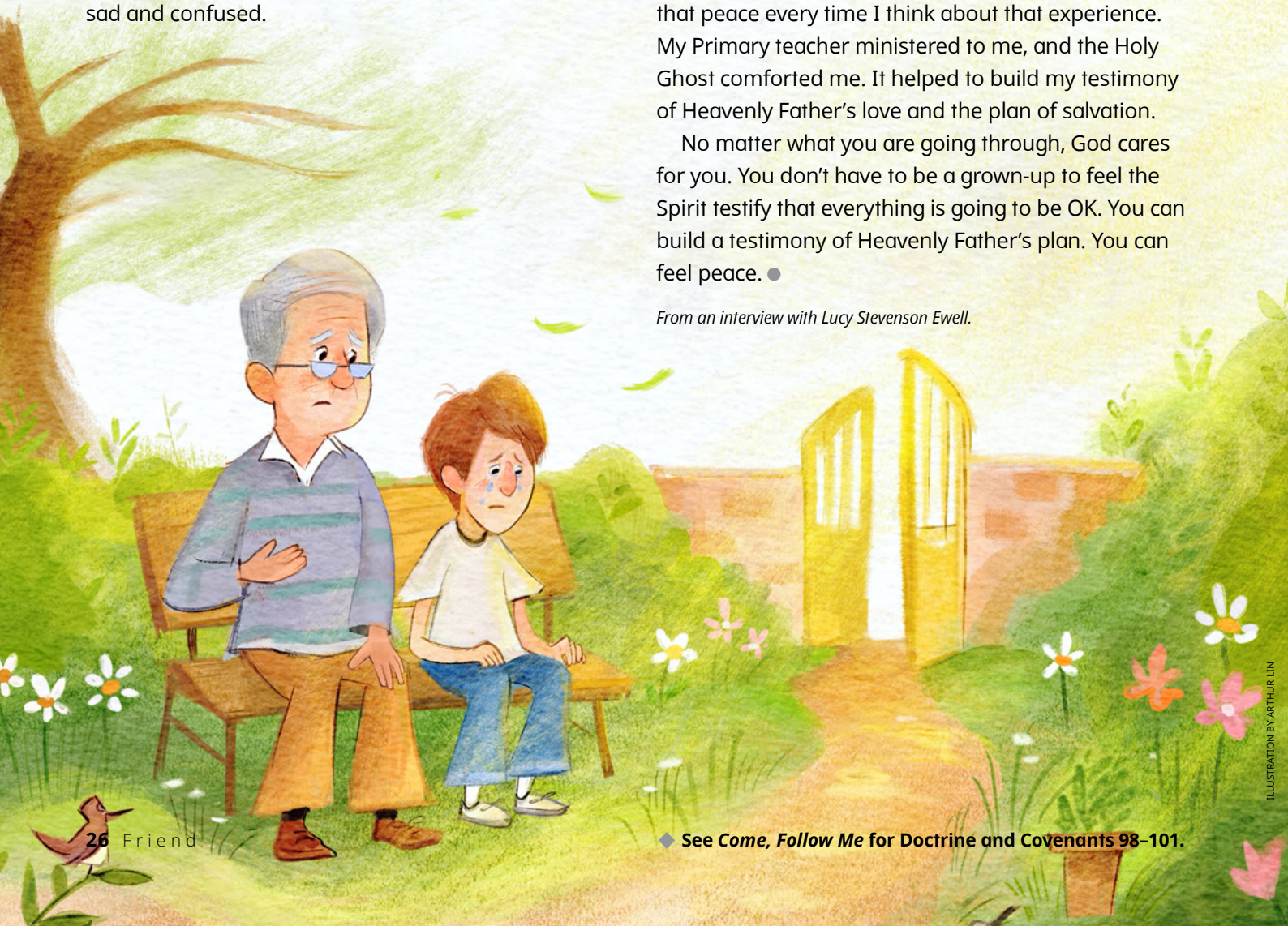
While my family talked in the living room, I went to our garden. Our garden was big, and I had worked with my dad to help take care of it. I sat down on the bench under the trees and cried. I was feeling really sad and confused.

After a few minutes, I saw my Primary teacher opening the gate. He came and sat on the bench next to me and said, “Joni, do you remember the lesson we had last Sunday about the plan of salvation?” My teacher explained to me again that our souls are made up of a spirit and a body. He said that my dad’s spirit was in a good place, and someday he would be resurrected. Someday I would see him again.

Even though I was still sad, I felt peace. I remember that peace every time I think about that experience. My Primary teacher ministered to me, and the Holy Ghost comforted me. It helped to build my testimony of Heavenly Father’s love and the plan of salvation.

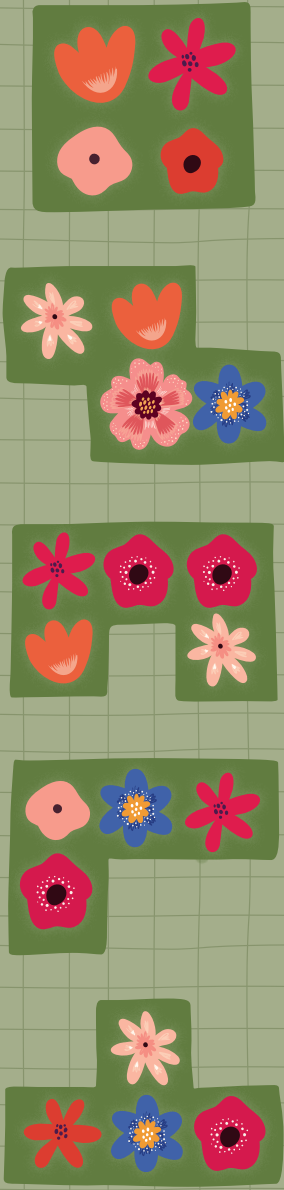
No matter what you are going through, God cares for you. You don’t have to be a grown-up to feel the Spirit testify that everything is going to be OK. You can build a testimony of Heavenly Father’s plan. You can feel peace. ●

From an interview with Lucy Stevenson Ewell.



Find the Flowers

Find the patterns of flowers on the left in the garden below.



When Elder Koch was young, he felt peace sitting in his family's garden. Where do you feel peace?

Show and Tell



It was hard to listen and be reverent when we had church at home during the pandemic. I tried to think of how I could help make it feel special and reverent. I got an idea. I took two big boxes and made them into a podium. I felt happy to help make our home church feel special.

Presley F., age 9, Saxony, Germany



I am grateful for a living prophet. I enjoy studying the scriptures with my family each week using *Come, Follow Me*. It helps me understand the teachings of Jesus.

Cannon A., age 10, Arizona, USA



"We All Belong," Madison C., age 10, Utah, USA



Dallin H., age 6, Auckland, New Zealand



When I see someone at school who is alone or having a bad day, I invite them to play with me.

Otilia H., age 9, Region Hovedstaden, Denmark



I was reading the Book of Mormon after I got in trouble. My mom came in and saw me reading and said it was a great idea to help me calm down. I had a warm feeling.

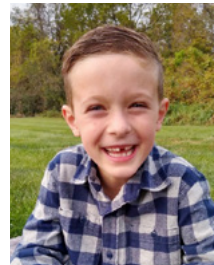
Ellie K., age 7, New Hampshire, USA



Alan M., age 10, California, USA



Josefa G., age 9, Los Lagos, Chile



When I was sick, I felt the Holy Ghost when my dad gave me a priesthood blessing. I am thankful for my mom and dad.

Everett O., age 6, Ohio, USA



I have a pet iguana, and whenever it runs away I say a prayer to Heavenly Father asking that it will come back.

Ana C., age 6, Espírito Santo, Brazil



"The Temple," Vimbai M., age 9, Dar es Salaam, Tanzania



My friend asked me to play a video game on Sunday. I really wanted to but said no. I want to keep the Sabbath day holy.

Benjamin C., age 9, California, USA

Send in your own art and stories!
Go to the back cover to see how.



MATT and MANDY



The Coopers are memorizing the tenth article of faith.

This article of faith is taking longer to learn.

I don't understand some of it.

Dad always says we should try to learn what it means to us personally.

How?

Well, remember when Mom talked about missionary work in home evening?

Right!

She said it was a big part of the "gathering of Israel"!

And that's something we can help with.

Like when we invite our friends to Primary activities.

I wonder what else we can learn about the tenth article of faith.

Let's ask at dinner tonight!

Tenth Article of Faith

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

For Older Kids



Family History Corner

Pick a family member you want to learn more about. Can you learn three things about them? Write their name in your journal and draw a picture for each thing you learned.



Finding My Ancestor

A year ago, we went to look at some gravestones for my ancestors. We looked at the dates and saw that one of my ancestors did not die as a baby like we had thought. She died when she was 11, the same age as me. I am preparing to go to the temple to get baptized for her! I can't wait.

Mary T., age 11, Texas, USA

Temple Prep Tip

Even if you live far away from the temple, you can still get a temple recommend in January of the year you turn 12! Talk to a parent or leader about the temple recommend questions. What can you do now to prepare to get your recommend?

KIM HO JIK

FIRST CHURCH MEMBER FROM KOREA

By Lucy Stevenson Ewell

Church Magazines
(Based on a true story)



South Korea is a country in East Asia.



Today there are more than 88,000 members of the Church in South Korea.



There is also a temple in the capital, Seoul.

Kim Ho Jik took a deep breath. It was his first day studying and teaching at a university in the United States.

Learning was important to Ho Jik. He wanted to learn as much as he could about nutrition. Then he could make life better for people in South Korea, where he was from.

Ho Jik carried a box of books up some steps to his new office. "Hello," said a man from the office next door. "I'm Oliver. I'm studying here too."

"It's nice to meet you," Ho Jik said.

Weeks passed. Ho Jik and Oliver became friends. They talked about what they were learning. Ho Jik noticed that Oliver never drank or smoked. He didn't work on Sundays either. *I wonder why*, Ho Jik thought.

One day Oliver gave Ho Jik a book. It was about the Articles of Faith. "This book tells about what I believe," Oliver said. "Let me know if you want to learn more."

Ho Jik finished the book in less than a week. Oliver gave him another book called the Book of Mormon. Ho Jik read it quickly too. He started going to church with Oliver. But he wasn't sure he wanted to be baptized.

Soon it was Oliver's last day at the university. Ho Jik saw him in the hallway. "I believe God brought you here for a special reason," Oliver said. "But not just so you can teach your people about nutrition. You need to teach them about the gospel too."

Ho Jik thought about Oliver's words for a long time. Finally he decided to be baptized. He was baptized in the same river where Joseph Smith was baptized 122 years earlier!

When Ho Jik finished school, he went home to South Korea. He was excited to share the gospel with his family. He also taught many others about The Church of Jesus Christ of Latter-day Saints.



Kim Ho Jik became an expert on the nutritional value of the soybean.



Ho Jik's children were some of the first people to be baptized into the Church in Korea.



Ho Jik translated the Articles of Faith into Korean.

God had brought him there for a special reason.



Ho Jik became a leader. He had important jobs in education and government. He helped people in his country have more nutritious food. He made a difference in their lives.

But Ho Jik wanted to make an even bigger difference. Missionaries were not allowed to teach in Korea. Ho Jik wanted to change that. He knew that if he asked the government to let missionaries teach there, he could get in trouble. But he knew it was worth it. He would give up everything to bring the gospel to Korea.

Ho Jik asked the government to let missionaries teach in South Korea. And the government said yes! Soon missionaries came, and Ho Jik helped them teach more and more people.

Ho Jik knew that Oliver was right. He had been sent to that university so he could learn about the gospel. He was grateful God had blessed him with the gospel and with the opportunity to share it. ●

Trying to Help Like Jesus

Emilie T.,
age 11,
North Jutland,
Denmark



The prophet says that the Lord loves effort, so I try to be like Jesus by helping when I see a need. When we were home during the quarantine, I helped my mother make a little school for my two youngest brothers, who have autism. I made small assignments and helped them.

I follow Jesus by attending church and doing the things I learn in Primary and in home evening. I try to be nice to others, even though it's hard sometimes. I am a good example to my friends at school by not swearing. I try to learn from my mistakes. I pray for any inspiration and strength that I need. I know that when I pray, I will get an answer and the Holy Ghost will confirm it by making me feel warm inside.



Prayer is a good way of helping others. When my grandfather was at the hospital and we didn't know what was wrong with him, I prayed for him. Then my father got a phone call saying that my grandfather would be OK. I was so happy, and my grandfather could feel that I prayed for him. We don't always get answers so quickly, but I know that God will help us be calm while we wait. ●



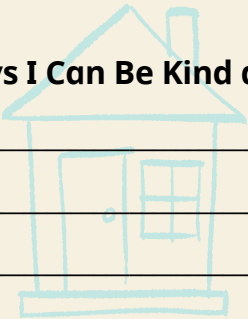
Kindness Begins with Me

No matter what, you can always choose to be kind! And many times, when you choose to be kind, others will see your kindness and choose to be kind too.



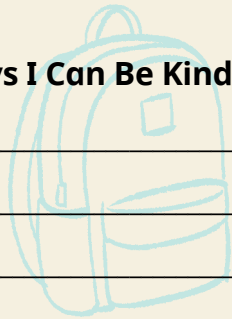
Three Ways I Can Be Kind at Home

1. _____
2. _____
3. _____



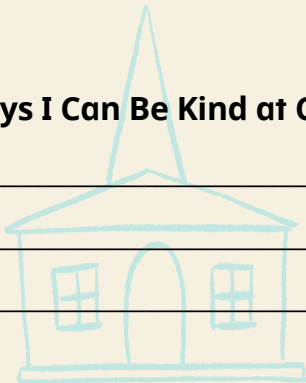
Three Ways I Can Be Kind at School

1. _____
2. _____
3. _____



Three Ways I Can Be Kind at Church

1. _____
2. _____
3. _____



KINDNESS TRACKER

Color in a heart every time you help someone, say something kind, act as a peacemaker, include someone who may feel lonely, or do any other act of kindness.

My Side, Your Side



By Maryssa Dennis

Church Magazines

(Based on a true story)

"Behold, how good and how pleasant it is for [sisters] to dwell together in unity!" (Psalm 133:1).

"Megan! Your shoes are on *my* side of the room!" Mia said with a huff.

"Well, your scriptures are on *my* side," Megan said.

Mom poked her head into the room. "Girls, I don't hear much cleaning going on in here. You can't go to the park until your room is clean."

"But this is all Megan's mess!" Mia said. "It's not fair that I have to clean it up."

"It's not all mine!" Megan said.

"Ugh." Mia crossed her arms. "I wish I had my own room. Why do I have to share with Megan? Michael gets one all to himself!"

Mom sighed. "You know we don't have another room. Michael's older. That's why he gets his own."

"Well, at least make her keep her stuff off my side." Mia drew an imaginary line with her finger down the middle of the room. "See? That's your side, Megan. This is my side."

"Hmm," Mom said. "Maybe we could put up a curtain to divide the room. Would that help you two get along?"

Mia grinned. "Yeah!"

The next day, Mom sewed some fabric into a curtain. It was purple with a checkered pattern on it. She even sewed a ribbon with dangly beads across the bottom. Later Mia and Megan helped Dad hang the curtain up with a piece of wire. It stretched all the way across the room.

Mia clapped her hands in excitement. "Finally! It's just like having my own room!"

She pulled out her crayons to color a picture. But after a few minutes, she got bored. She wondered what Megan was doing on the other side of the curtain. They usually colored together. It felt kind of lonely to do it by herself.

That night Mia knelt down to say her bedtime prayer. She thanked Heavenly Father for her home and for her family. That made her feel a little sad. She liked having her own space, but she missed playing with Megan.

Mia climbed into bed. But she couldn't fall asleep. She turned over on her side. She could see Megan's head through the little gap between the curtain and the wall.

"Megan?" she whispered. "Are you awake?"

"Yeah," Megan whispered back.

"What if we made a little mailbox?" Mia asked. "To leave notes for each other."

"Good idea," Megan said. "Can we do it tomorrow?"

"Sure." Mia closed her eyes with a smile. "Good night, Megan."

"Good night, Mia."

The next day, Mia found a little box. She put it between both of their sides of the room. Then she wrote a note and stuck it inside: *Megan, do you want to play with my stuffed animals? Love, Mia.*

Megan picked up the note and read it. "I'd love to!"

All week, Mia and Megan left notes for each other in their mailbox. And they played with each other every day. Sometimes they played on Mia's side. Sometimes they played on Megan's side. But they always had fun together.

"You know," Mia told Megan one day, "I'm not sure we need this curtain after all."

"Yeah," Megan said. "It kind of gets in the way."

Dad helped them take the curtain down.

"I'm glad you've learned to get along," he said.

Mia smiled at Megan. "Me too." ●

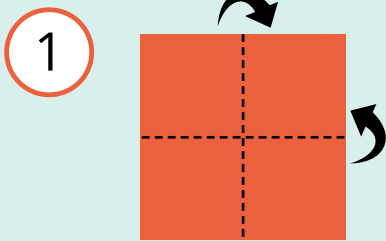


◆ See *Come, Follow Me* for Doctrine and Covenants 102–105.

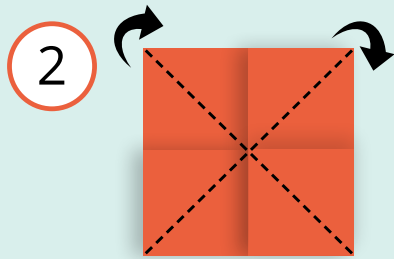
SERVICE CHALLENGE ORIGAMI

When we serve others, we serve Jesus too. First follow the origami steps. Then use your folded craft to do the activity below with a friend or on your own.

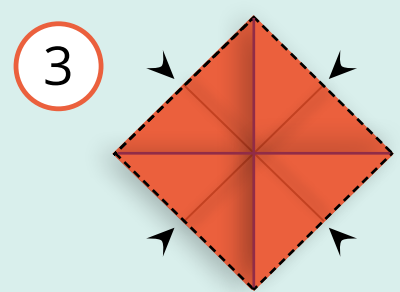
How to Make It



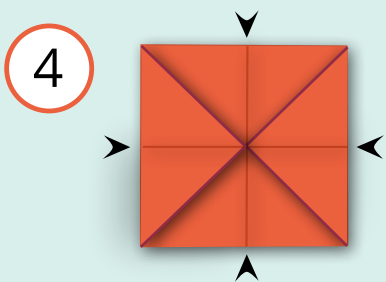
1 Fold a square piece of paper in half both ways, then unfold.



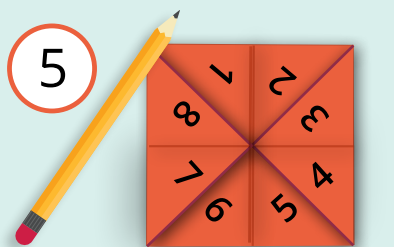
2 Fold in half diagonally both ways, then unfold.



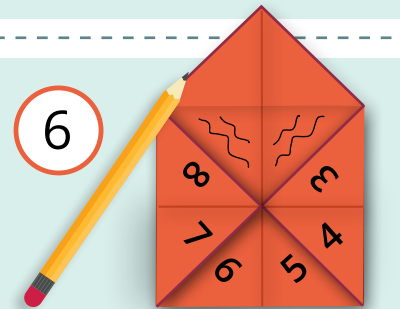
3 Fold each corner to the point in the middle to make a square.



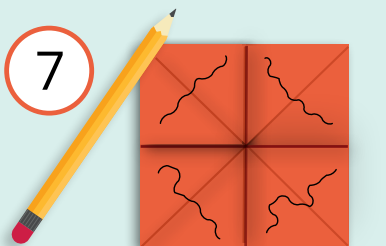
4 Flip the square over and fold corners to the middle again.



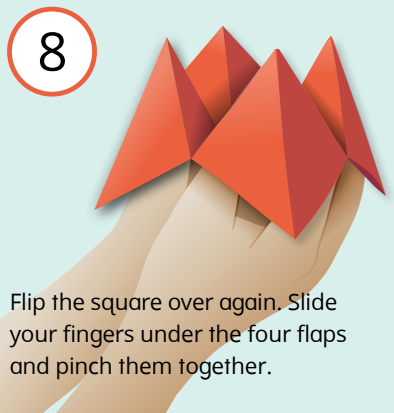
5 Write the numbers 1-8 on each triangle.



6 Under each number flap, write something kind you can do for someone else.



7 Flip the square over. On each flap, write a word that reminds you of Jesus.



8 Flip the square over again. Slide your fingers under the four flaps and pinch them together.

How to Play!

1. Pick one of the words and spell it out loud. With each letter, move your fingers to open the origami back and forth.
2. Pick a number. Count to it, moving your fingers again with each number.
3. Pick another number. Lift up the flap to read what's underneath. Then do that kind act for someone!

for little friends



**This girl loves sharing with her friend!
Color in the things she is sharing. What can you share?**

Can you find these pictures in the next pages?



Hopscotch with Friends

By Jennifer Maddy



Daya likes to play hopscotch with her friends.



Siya and Ishika only have one stone to play with.



Daya has an idea!



She finds two stones in the grass.



Now they can all play together.



Daya is glad she can help her friends be happy!

Kind to Others

What are some ways you can show kindness to these people?
How have they shown kindness to you?



Mom



Dad



Sister



Teacher



Friend



Brother



Auntie



Grandpa



The Kirtland Temple

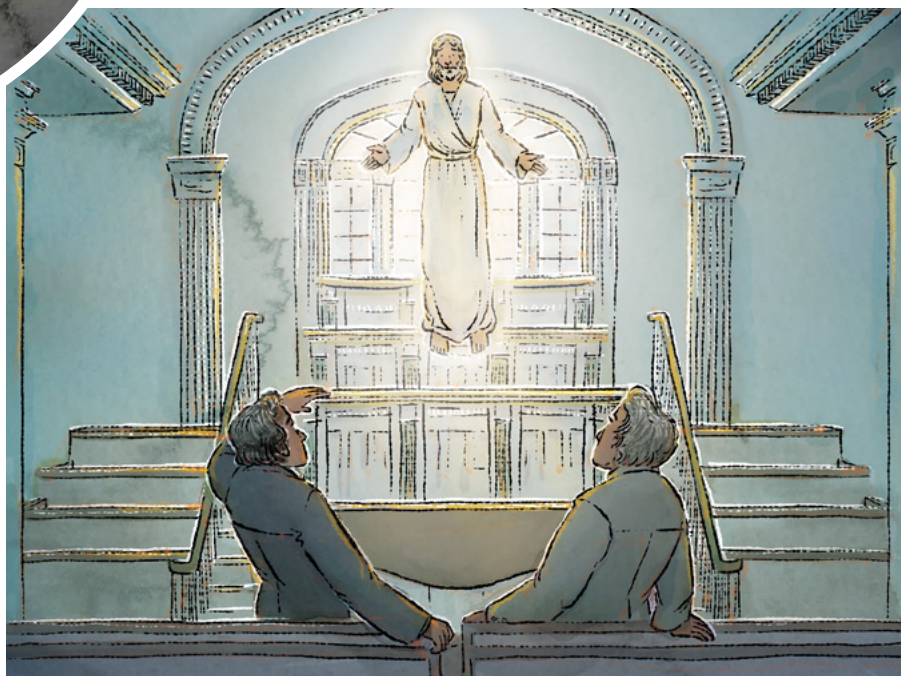
God told Joseph Smith to build a temple. A revelation showed what it would look like. It would be a house of God.

The Saints worked together to help build the temple. Men built tall walls. Women made curtains and carpets. Children helped bring tools and water to the workers.



When the temple was finished, the Saints went inside. They sang a hymn and shouted "Hosanna!" Joseph said a prayer to dedicate (bless) the temple.

A week later, Jesus Christ visited Joseph Smith and Oliver Cowdery in the temple. Jesus said that He accepted the temple as His house.





Today there are temples all over the world! Each temple is a holy place.
Someday I will go inside and make promises with God. ●

◆ See *Come, Follow Me* for Doctrine and Covenants 109–110.

The Temple Is a Holy Place



Why is the temple special?



Kindness at the Primary Program

By Marissa Widdison
Church Magazines
(Based on a true story)

Paul and his parents were walking to church. Paul felt excited. Today was the Primary program! All the children were going to sing songs and share scriptures during church. It was Paul's first time being in the program.

When they got to the church, Paul saw the missionaries. They had been teaching Paul's family about the gospel.

"Ready?" Sister Walker said.

Paul nodded. He had learned a scripture. It was about how Jesus asked us to love everyone. Paul was ready to share it!

They all went inside and sat down. Soon the bishop asked the children to come to the front of the chapel. Paul stood with his new friends. He smiled a big smile. He could see his mom and dad smiling too. Then the music began.

"If the Savior stood beside me, would I do the things I do?" Paul tried to sing every word clearly. He imagined Jesus was listening.



In the middle of the song, Paul saw someone open the door at the back of the chapel. A boy named Mark walked in. He was with his family. Mark looked at the other kids singing. He seemed sad.

Maybe he's sad he got here late, Paul thought. Mark started walking slowly up to the stand.

Paul remembered when he came to Primary for the first time. He was glad that other people sat next to him and were nice.

Paul wanted to help Mark. He waved for Mark to come to him. "Come up here!" Paul mouthed the words.

Mark walked quickly up to the stand. Paul made room for Mark.

He gave Mark a hug. "Thanks for coming," Paul whispered.

Mark gave Paul a big smile.

Soon the song ended. Paul and Mark sat down together. Paul was glad he could help a friend feel loved and welcome. ●

You can find "If the Savior Stood Beside Me" in the March 2013 *Friend*.

Jesus Loves Everyone

By Jordan Monson Wright



Jesus loves everyone, and so I can too.



Loving others like Jesus is what I will do.

I can love my brother, who plays with my toys.



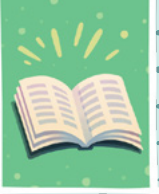
I can love baby sister, who always make noise.



When I am kind to my own family,

I am becoming who Jesus wants me to be!





SCRIPTURE TIME FUN for Little Ones

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



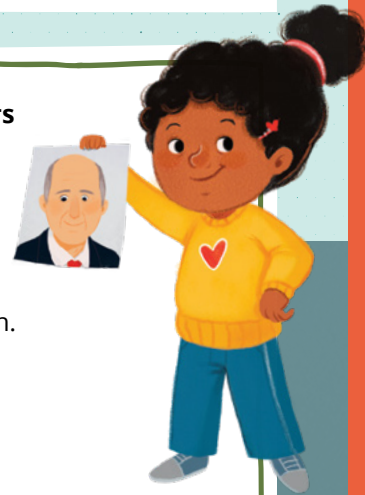
For Doctrine and Covenants 102–105: Families, cities, and countries have rules to keep people safe.

Heavenly Father gives us rules, or commandments, too. Talk about some of these rules and commandments and why it's important to follow them, even if it's hard sometimes. Help your little ones say, "I can obey the commandments."

For Doctrine and Covenants 94–97: Have everyone bring their hands together over their heads like a temple spire. Then lower your arms to encircle each other in a family hug. Talk about blessings families can receive in the temple. Help your little ones say, "I can be with my family forever."



For Doctrine and Covenants 106–108: Help your little ones say, "I can follow Church leaders." Hold up a picture of the prophet. Talk about how your family can follow the prophet's direction.



For Doctrine and Covenants 98–101: Help your little ones say, "Jesus Christ can help me feel peace." Talk about different ways people can feel peaceful. Some ideas could be praying, reading scripture stories, listening to good music, or resting quietly.



For Doctrine and Covenants 109–110:

Work together as a family to draw a picture of a temple. Then sing "I Love to See the Temple" (*Children's Songbook*, 95). Talk about why the temple is important to you. Help your little ones say, "The temple is a special place."





DEAR PARENTS,

We all love our families. But we don't always get along perfectly. It's normal to have conflicts and hurt feelings at times. But we can work together to heal hurts and grow closer to each other and the Savior.

Be a peacemaker in your home. Teach your children how to settle conflicts, be kind, forgive, and try to do better each day. Together, you can make your home a more loving, peaceful place. You can start with some ideas from the stories on pages 8, 36, and 40.

With love,
The *Friend*



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Age

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State / Province / Region, Country

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Signature of parent or legal guardian

Date

Email of parent or legal guardian

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YES



NO