

- 5 Missionary Training Centers around the World** ☺
Did you know these facts about the 13 missionary training centers?
- 6 Portraits of Faith:** Shelly Ellegood—Kentucky, USA ☺
My progress has been painful, but the Lord has built me up and made me stronger.
- 8 Ministering Principles:** Developing the Empathy to Minister
Ministering is lifting. We can lift others as we develop empathy for them.
- 12 A Personal Relationship with Our Heavenly Father through Prayer**
By Elder Juan A. Uceda
When was the last time you felt something as you were praying?
- 16 Overcoming the Plague of Addiction**
By Kevin Theriot
Understand how addiction really works; only then can you or loved ones overcome it.
- 22 Finding Peace in the Storm of Addiction**
By Chakell Wardleigh
Despite the harmful effects of my brother's addiction, I found peace and hope through Christ.
- 26 The Miracle of Covenant Belonging**
By Elder Gerrit W. Gong
By exercising Christlike charity toward one another, we help each other progress along the covenant path.
- 32 Latter-day Saint Voices** ☺
Ten-hour journey to the temple; feeling lonely at church; a doctor's prompting to listen; the prophet sent her a letter.
- 38 Blessings of Self-Reliance:** From a Testimony of Tithing to Temple Covenants ☺
- 40 Teaching Teens and Younger Children:** 10 Tips for Teaching Repentance ☺

☺ Quick Reads



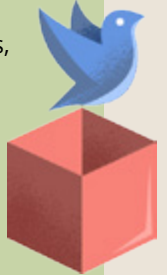
On the Cover
Bereavement—Missing Father from a Family,
by Merial Waissman,
Getty Images

Sections

Young Adults

42

Our young adult years are **one of the best times to make a difference** in our communities, homes, and the world.



Youth

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Trying to decide if you will serve a mission? Find out what the missionary training center experience is like.



The Friend

In this month's *Friend*, you can find articles to help your children **learn about and prepare for baptism.**

