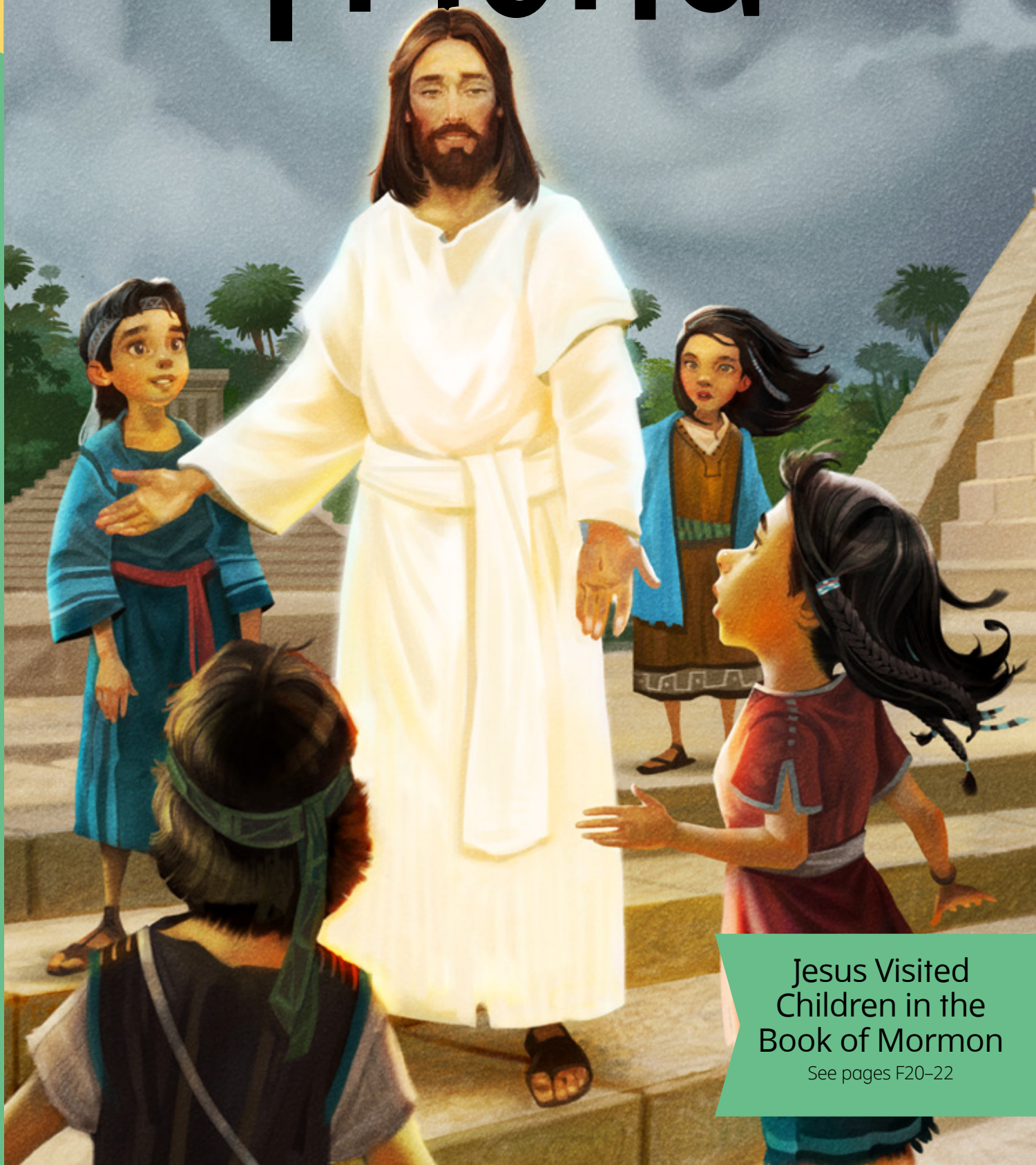


October 2020

the Friend

The children's section of the *Liahona*, published by The Church of Jesus Christ of Latter-day Saints



Jesus Visited
Children in the
Book of Mormon

See pages F20–22

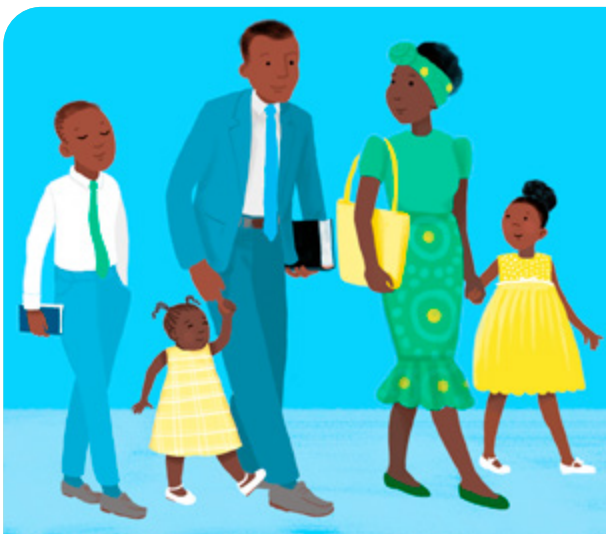
FROM THE FIRST PRESIDENCY



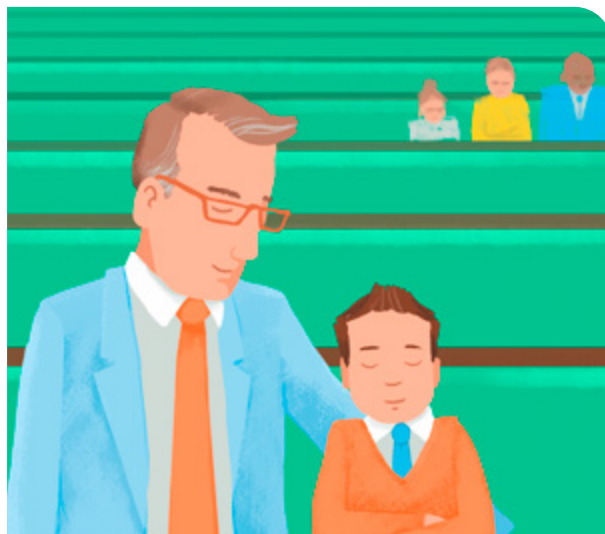
**By President
Dallin H. Oaks**
First Counselor
in the First
Presidency

The Sacrament and Me

The sacrament is the most important part of sacrament meeting. When we take the sacrament, we promise to always remember the Savior. To make the sacrament special, we ...



Dress to show we honor
the sacrament.



Sit quietly before the
meeting begins.



Sing the sacrament hymn.



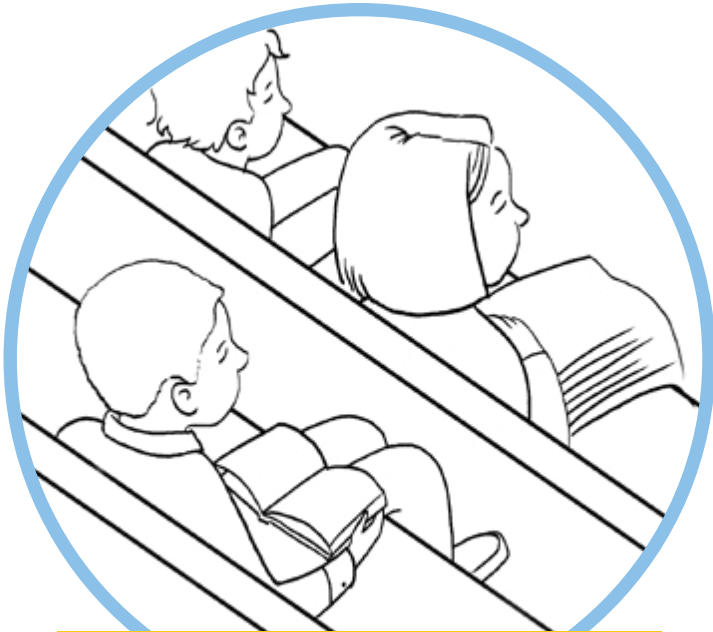
Think about Jesus and promise
to always remember Him.

The sacrament helps us feel the Holy Ghost.
It helps us stay on the path back to our heavenly home. ●

Adapted from "Sacrament Meeting and the Sacrament," Ensign or Liahona, Nov. 2008, 17–20.

Showing Love for Jesus

We can show our love for Jesus by being reverent during the sacrament. What do you do during the sacrament?



Sit quietly.



Think of my favorite sacrament hymn.



Think of a story about Jesus.



Pray to Heavenly Father.

Kali just wanted a friend.

Lonely Lunchtime

By Stacy Lynn Carroll

(Based on a true story)

"The Holy Spirit whispers with a still small voice"
(Children's Songbook, 105).

Kali walked into the lunchroom and looked around. All the other kids were running straight to their friends and gathering at tables. The room was noisy with excited voices and happy laughter. It was only the second day of school, but it seemed like everyone had someone to sit with but Kali.

She squeezed the handle of her lunchbox and walked to one of the tables. "Can I sit by you?" Kali asked.

A girl with a long, brown braid looked up. She huffed and shook her head. "No. It's taken," she said.

"OK." Kali moved to another empty seat and set down her lunchbox.

"You can't sit here! I'm saving that seat," a boy in a green-striped shirt said. He pushed Kali's lunchbox onto the floor. His friends all laughed.

Kali bent down and picked up her lunchbox again. She walked across the lunchroom and sat at an empty table. She saw someone from her neighborhood and tried to wave, but he looked the other way. Kali frowned. Why didn't anyone want to be her friend?

Kali looked down at her food. She didn't feel like eating anymore. She wiped her eyes, closed her lunchbox, and walked outside.

Everyone was already playing with their friends. Kali sat by herself on a bench and watched the other kids having fun without her. Then Kali noticed a boy about her age





sitting alone on the grass. He was wearing a stained yellow shirt, and his hair stood up in the back.

Kali looked away. She saw a group of girls from her class playing foursquare. She wished they would invite her to play with them.

Kali looked at the boy again. His head was hanging down, and he was picking the grass around his feet. Kali remembered something Mom sometimes said: *Look for the kids who are lonely.*

Kali frowned. *She* was lonely too. Nobody was trying to be *her* friend!

But then Kali thought about when she got baptized last year. She promised to listen to the Holy Ghost. Maybe the Holy Ghost was helping her remember what Mom told her. Maybe the Holy Ghost was trying to tell her to play with the boy in the yellow shirt.

Kali sighed and got to her feet. A warm feeling spread in her heart. She walked over and sat next to the boy in the grass.

"Hi," she said.

"Hi," he mumbled back.

"What's your favorite color?"

"Um . . . green."

"That's cool. I like pink," said Kali. "Do you have a favorite animal?"

The boy sat up a little straighter and looked at her. "Yeah. I really like dinosaurs."

"Oh, me too. My favorite is a triceratops."

The boy smiled.

Then the bell rang. Kali got to her feet and waved goodbye to the boy. She smiled as she walked back to her classroom alone. She might not have a best friend, but she felt happy knowing she had made someone else's recess a little better. ●

The author lives in Utah, USA.



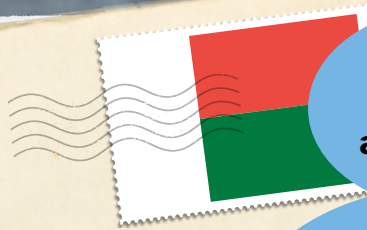
I was in a big rush to get to school. But then I had this feeling that I should grab a bag of chips at home first. After lunch, my friend Drew looked kind of sad. I asked him what was wrong. He said that he had forgotten his lunch. I remembered my chips, so I gave them to him. Drew said, "That's the nicest thing anyone has done for me at school."

Durham M., age 11, Utah, USA



Hello from Madagascar!

Madagascar is an island off the east coast of Africa. It has many plants and animals that aren't found anywhere else in the world—like this ring-tailed lemur!



Hi, we're Margo and Paolo.

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



These boys are helping carry water jugs for their family. How do you help your family?



The Church is small in Madagascar, but it is growing! Right now there are 14 wards and 26 branches there.

More types of chameleons live in Madagascar than anywhere else in the world!



These huge baobab trees can store lots of water in their trunks—up to 120,000 litres!



Many people in Madagascar eat rice two or three times a day, sometimes with vegetables, beans, or meat.

Namana!



Meet some of our friends from Madagascar!



I know that Jesus Christ is our Savior.

**Nathan, age 7,
Antananarivo Province,
Madagascar**



Russell M. Nelson is a prophet of God.

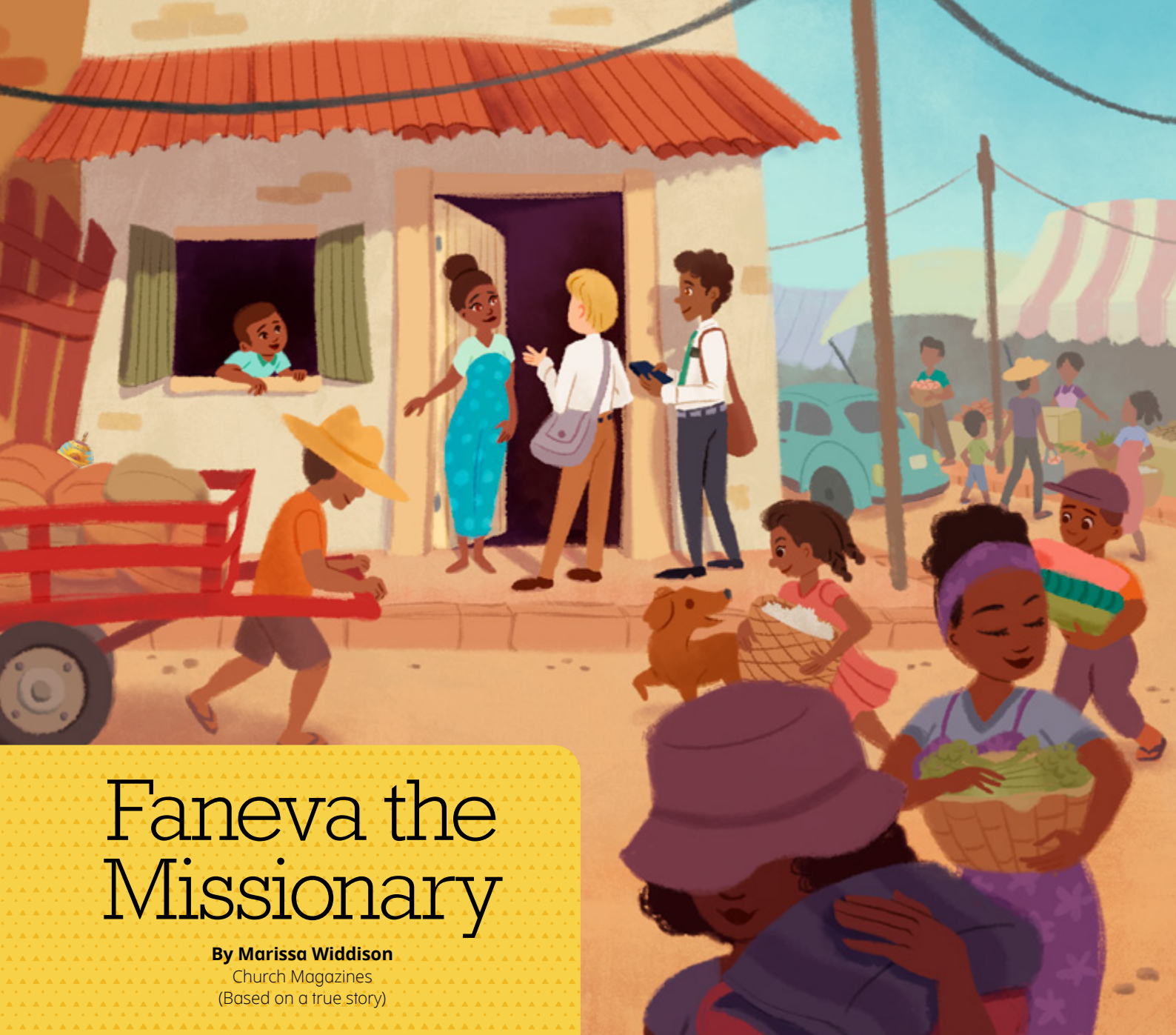
**Nomena, age 6,
Antananarivo Province,
Madagascar**

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

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

The Malagasy word for "friend" is *namana*. If you could meet a new friend in Madagascar, what would you tell them?





Faneva the Missionary

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

Faneva looked out the window at the busy street outside his house. He could see people pulling carts of vegetables, rice, cloth, and other goods to sell. He could hear car horns honking and dogs barking. Then he heard another sound.

"Mama, someone is knocking!" Faneva called out. Mama opened the door. Two young men wearing suits and ties were on the doorstep. Faneva had never seen anyone

dressed like that in his neighborhood in Madagascar before.

"We are missionaries from The Church of Jesus Christ of Latter-day Saints," one of them said. "We teach people about Jesus. Can we share a message with you?"

Faneva was excited when Mama invited them inside. The whole family gathered to hear about Jesus Christ and how His Church was on earth again.

After that day, the missionaries visited Faneva's family many times. They brought a book called *Book of Mormon Stories*.

Faneva loved reading it with his family!

Someday I will be a missionary and share the Book of Mormon with others, Faneva said to himself.

Another time when the missionaries came, they taught Faneva's family how to pray. Faneva learned that he could talk to Heavenly Father anytime, anywhere.

Someday I will be a missionary and teach people about prayer, Faneva thought.

One day the missionaries had an important question.

"Will you follow the example of Jesus Christ and be baptized?" one of them asked.

Faneva felt happy in his heart. "Yes!" he said.

"Yes!" his brother and Mama said.

Papa said that he wasn't ready to be baptized yet. But he was OK if the rest of the family was baptized. And so they were! Faneva was baptized by one of the missionaries who had taught him about Jesus.

Someday I will be a missionary and help people get baptized, Faneva thought.

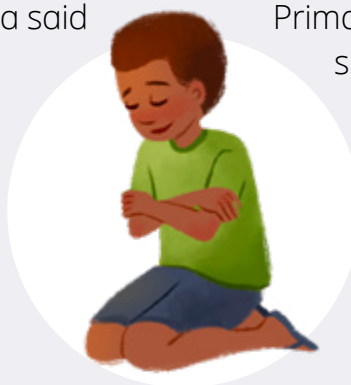


One of the best parts of being a member of the Church was going to Primary. Faneva loved the activities and meeting new friends. But his favorite thing of all was singing Primary songs. One Sunday in Primary, they were singing songs about sharing the gospel.

"I want to be a missionary now," Faneva sang. "I don't want to wait until I'm grown."

I can start doing missionary work now, Faneva realized. *I don't have to wait until someday!*

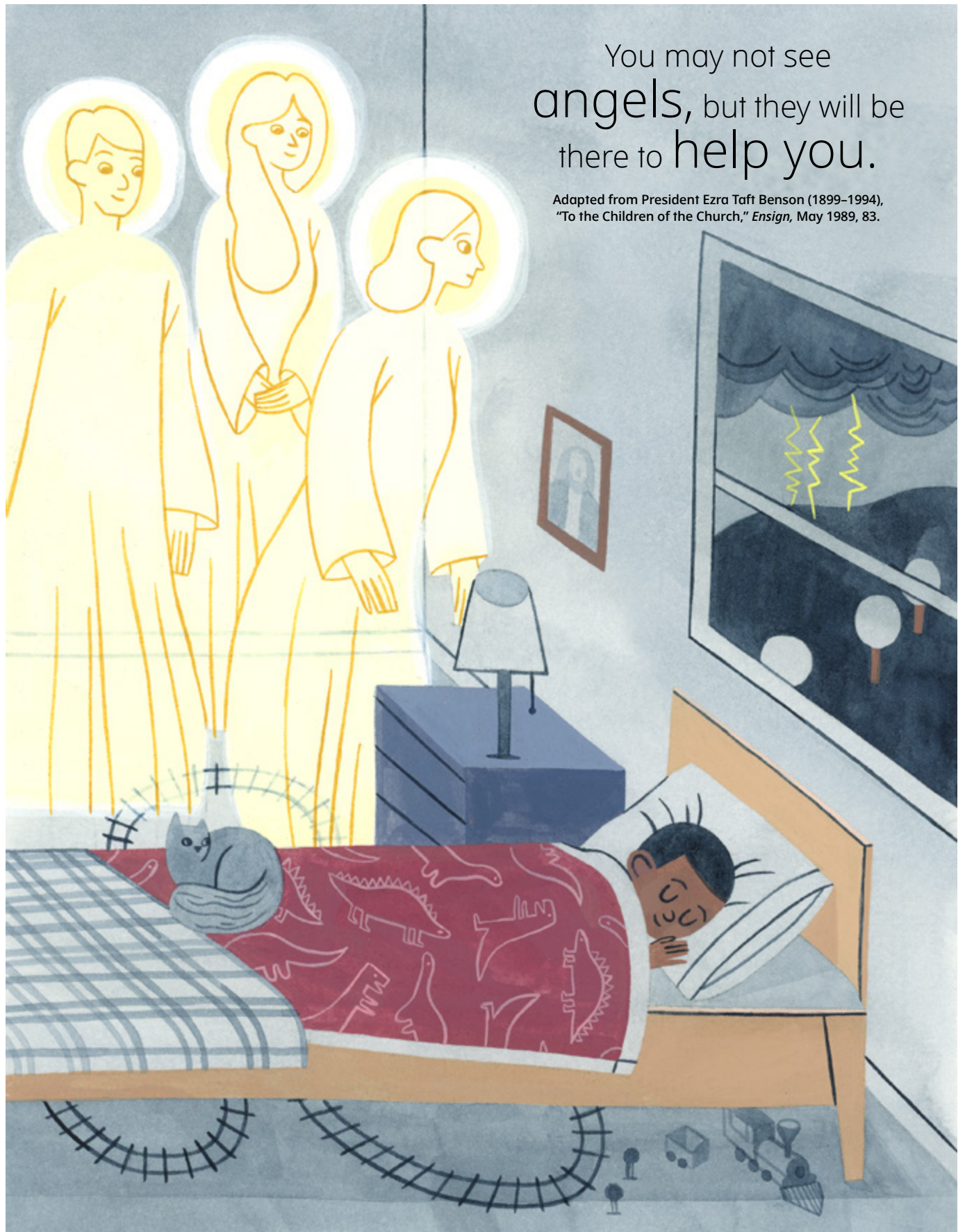
From then on, Faneva looked for ways he could share the gospel. He tried to be a good example. He invited people to church. He helped his neighbors. After a few years, he was old enough to help the missionaries teach people in his city. In a few more years, he served a mission himself—meeting new people and sharing the gospel, just as the missionaries had shared with him. ●



"I'd rather spend time with the missionaries than do anything else," Faneva says. He was called to serve as a missionary in his home country of Madagascar.

You may not see
angels, but they will be
there to **help** you.

Adapted from President Ezra Taft Benson (1899–1994),
"To the Children of the Church," *Ensign*, May 1989, 83.



Show and Tell

General conference is this month! Here's what some children enjoy about conference.



**Isabella B., age 5,
Guatemala, Guatemala**



**Ilse N., age 5,
Nuevo León, Mexico**



**Gabriel F., age 10,
Minas Gerais, Brazil**



**Shelem, Josué, Mía, and Ruth C., ages 5, 8,
6 months, and 3, Durango, Mexico,** enjoyed watching general conference at home. It was a special conference!



**When I watched general conference,
I learned about how Joseph Smith
translated the Book of Mormon so we
would have the word of God. The Book of
Mormon teaches me about Jesus Christ.
Shalom A., age 6, Dakar Region, Senegal**



**I love the music of
the Tabernacle Choir.
I always feel peace.
Jared B., age 7,
Normandy, France**



**Annelle, Ruth, Sarah, and Samira K., ages 8, 2, 6, and 6,
Littoral, Benin,** loved watching conference together as a family.

Saying No, Hearing

Heavenly Father loves us and wants us to be safe! Saying no when we need to and respecting others when they tell us no are ways we can keep ourselves and others safe.

Sometimes you need to say no in a nice way.

"No, thank you. May I please have water instead?"

Now it's your turn!
Imagine you need to say no in a nice way. What could you say?

Sometimes you need to say no in a stronger way.

"I don't want to see that! We shouldn't be looking at it."

Now it's your turn!
Imagine you need to say no in a stronger way. What could you say?

g No

Sometimes people tell us no to help us stay safe and healthy.

"Sorry, you can't go. It's not safe."



Sometimes people tell us no when they feel uncomfortable.

Now it's your turn! Imagine an adult tells you no and you don't like it. What should you do?

"Stop! I don't like this game."

Now it's your turn! Imagine someone asks you to stop doing something. What should you do?

What if people don't listen when you say no?
What if they hurt you or do something mean?

- ★ **Walk away if you can.**
- ★ **Tell an adult you trust about what happened.**
- ★ **Remember that it's not your fault.**
- ★ **No matter what happens, know that your Heavenly Father and Jesus Christ always love you!**

Call Dad

*If I pedal hard, Yu thought,
I can make it home before
the streets flood.*

By Julie Cornelius-Huang

(Based on a true story)

The author lives in Utah, USA.

“Be of good cheer, for I will lead you along” (Doctrine and Covenants 78:18).

Yu stepped out of cram school onto the busy sidewalk. His head was full of math facts from his after-school class. People hurried by with umbrellas. Fat raindrops were falling fast, and the street was soaked.

Yu’s friend, Lin, stepped out beside him. “You should call your dad to pick you up,” Lin said. “Mr. Zhang says it’s flooding in some parts of the city.”

“I can get home on my own.”

“But look at all the water!” Lin said, pointing to the water flowing swiftly in the gutter.

For a moment, Yu had a funny feeling. Was Lin right? Maybe he *should* call Dad to drive him home before the



streets flooded. But he and Dad had an argument last night, and Yu was still angry. He didn't want to ask Dad for help.

Yu unchained his bike and said goodbye to Lin. *If I pedal hard, he thought, I can make it home before the streets flood.*

He pedaled hard, but soon his hands were cold, his clothes were soaked, and he was exhausted. Once again, the thought came to call Dad. Was the feeling from the Holy Ghost? The missionaries who baptized him had said that the Holy Ghost could be his guide. Yu glanced at the sky. It was so grey that he couldn't see the tops of the buildings. But he was still mad at Dad.

Yu ignored the feeling and kept pedaling. The water got so high that shop owners closed their stores. People moved belongings to higher floors. Yu saw a mother push her two children through the flood in a little plastic boat.

With the water now past his ankles, Yu could no longer pedal his bike. He got off and pushed. It was probably too late to call Dad now, and the rain was still coming down. Thunder boomed and lightning flashed above him. Yu felt afraid. And he was so tired! He looked ahead. Home was still far away. He shouldn't have ignored the Holy Ghost just because

of a silly argument.

Yu stopped to say a short prayer. He couldn't hear his voice above the rain and thunder, but he knew that Heavenly Father could hear him.

"Heavenly Father," Yu prayed. "Please help me get home safely." When he finished, he felt enough strength to keep going.

At last, Yu could see his house on the hill. Cold, tired, and somehow missing a shoe, Yu trudged up the hill. He saw Dad waiting for him outside. Dad rushed down the hill to meet him, splashing water as he ran.

When Dad reached him, he put his arms around Yu. "I was so worried!" Dad said. "You should have called me!"

"I thought we were mad at each other," Yu said.

"I am never too mad to help you," Dad said. Then he took Yu's bike and pushed it the rest of the way up the hill.

Even with thunder echoing between the tall buildings and heavy rain pelting down, a warm feeling filled Yu's heart. He felt peace and safety as he followed Dad home. ●



"Our Father in Heaven knew that in mortality we would face challenges. . . . To give us mortal strength and divine guidance, He provided the Holy Spirit."

Elder Ronald A. Rasband of the Quorum of the Twelve Apostles, "Let the Holy Spirit Guide," *Ensign* or *Liahona*, May 2017, 93.

Tithing Pesos

By Alan Iván Ruiz Ontiveros
(Based on a true story)



Sofía woke up early. Today was very special. She was going to sell lemonade at her aunt and uncle's garage sale! Mamá made a huge jug of lemonade for her.

Sofía made a sign. She wrote "Lemonade!" in orange and yellow letters. She taped it to a little



table. Then she sat down to wait.

Soon a man came by. "May I have a cup?" he asked. He put some pesos in her jar.

"Sure!" Sofía said. She poured him a cup of lemonade.

Little by little, people came to look at the garage sale. And little by little they bought the yummy lemonade. The morning passed happily. Soon all of the lemonade was gone.

Sofía shook her jar. The pesos jingled. She had so many!

"Good job!" Papá said.

Sofía had never had so much money before. "I'm going to buy a yo-yo!"

Papá smiled. "Do you know what Mamá and I do when we earn money?"

Sofía shook her head.

"We pay tithing," Papá said.

"Heavenly Father gave us everything. He asks that we give Him a little part back. We pay tithing because we love Him."

Sofía smiled. She wanted to show Heavenly Father that she loved Him too.

Papá helped Sofía count her pesos. Whenever she counted to 10, she put one peso in an envelope. Papá helped her write numbers on a little white paper. They put the paper in the envelope with the pesos. Then they sealed it shut. Sofía was going to give it to the bishop tomorrow at church.

"How do you feel?" Papá asked Sofía.

"So happy! And I still have money for a yo-yo." She felt Heavenly Father was happy with her choice. ●

The author lives in Chihuahua, México.



Tithing Time

Heavenly Father asks us to pay tithing. That means giving one-tenth of the money we get. You can use this page to practice!

Count the coins. For every 10 that you count, color one. The colored coins are what you would pay as tithing!



Ready for something a little harder? Add up the money below.

Then color the coins you would pay as tithing. (Remember, for every 10, you give one.) ● ●





By Elder Edward Dube
Of the Seventy

Sharing the Gospel

*“Learn of me . . . and ye shall find rest to your souls”
(Matthew 11:29).*

A man I worked for gave me a copy of the Book of Mormon. But I didn’t read it for almost two years. One Sunday, I picked up the Book of Mormon and went to a railroad line outside the town where I lived in Zimbabwe. I sat down and began reading.

At first, it was hard to understand. But I reread Joseph Smith’s testimony over and over again. His words touched my heart.

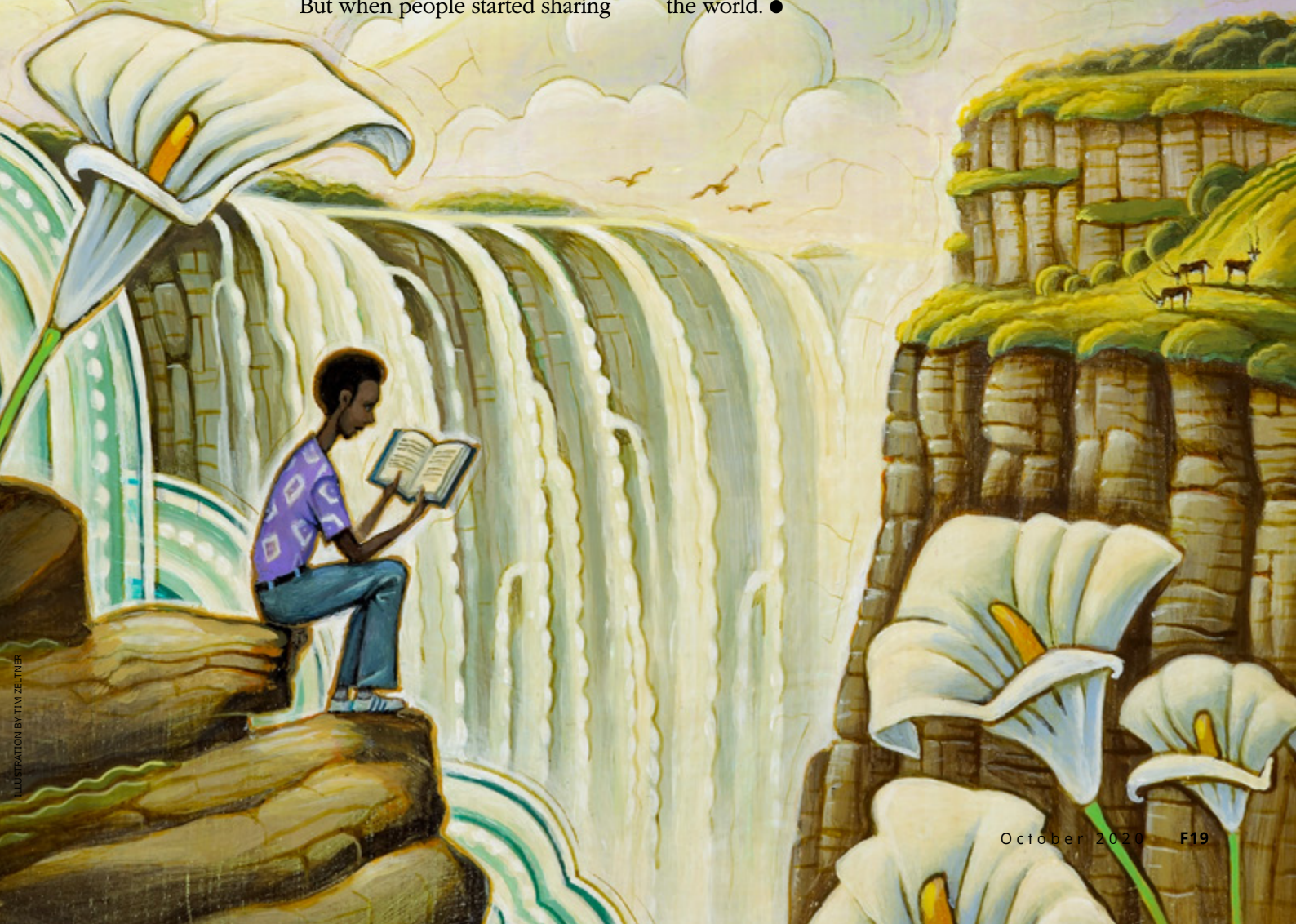
Later, someone invited me to come to church. At first, I was uncomfortable, so I sat in the back row.

But when people started sharing

their testimonies about the Savior Jesus Christ and the Book of Mormon, I felt something wonderful inside.

Not long after this, missionaries came to my neighborhood. Soon I was baptized. Years later, I had the honor of serving a mission and sharing the gospel with many others.

The Church has grown a lot in Zimbabwe. But there is still much we can do to share the gospel, no matter where we live. Through prayer, scripture study, and home evening, you can grow your testimony and stay close to Heavenly Father. Your testimony can bless the lives of many people throughout the world. ●



Faithful People Followed Jesus



When Jesus visited the Nephites, He taught them
about baptism and how to take the sacrament.
He set up His Church.



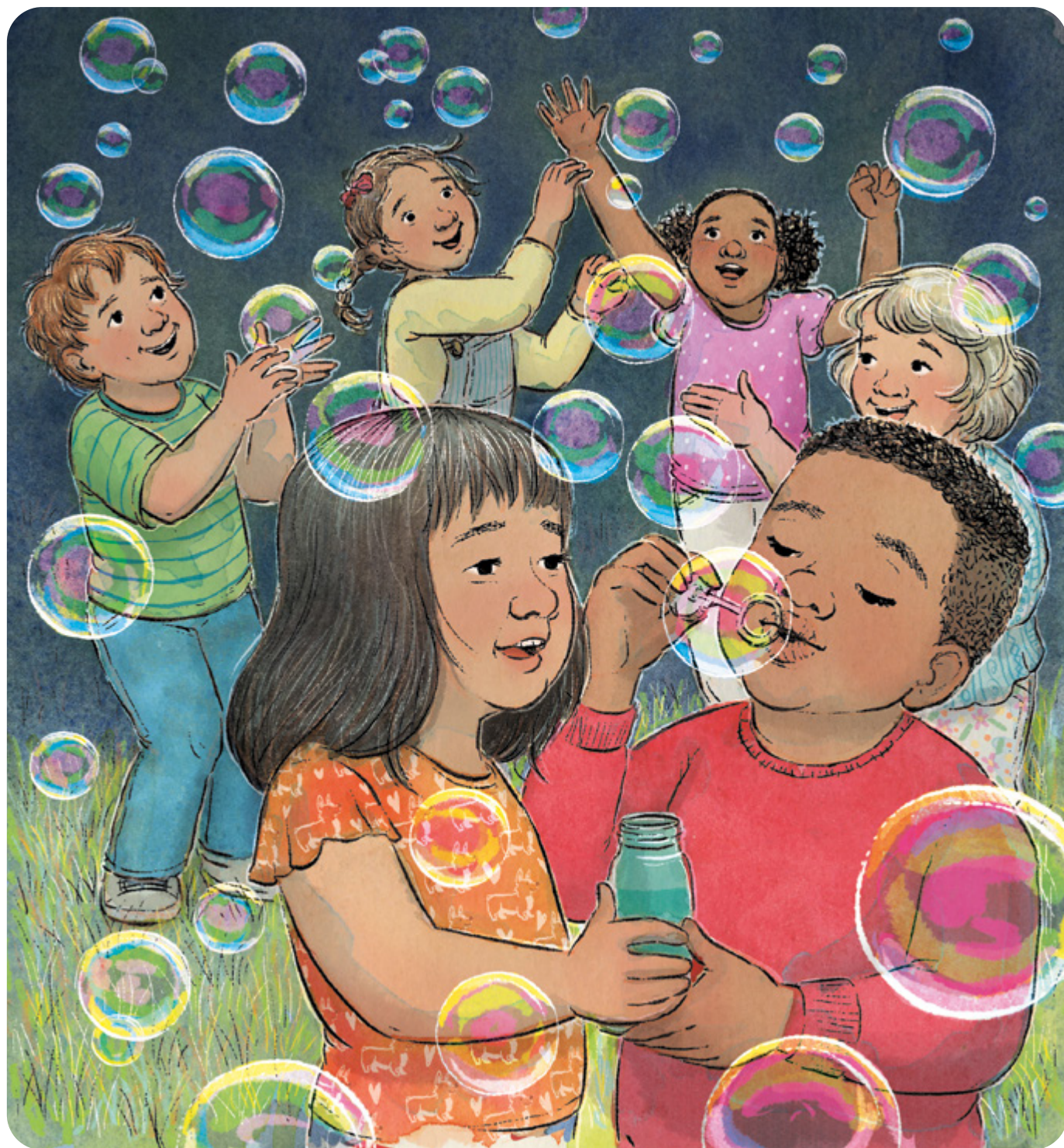
Jesus blessed each child. Angels came! Jesus healed the people and prayed for them. Then He went back to heaven.

After Jesus left, people kept doing what He taught. Everyone worked together and shared what they had, so no one was poor. Church leaders blessed those who were sick.



Instead of fighting, people chose to get along. Everyone followed God's commandments. And they were happy for a long time!

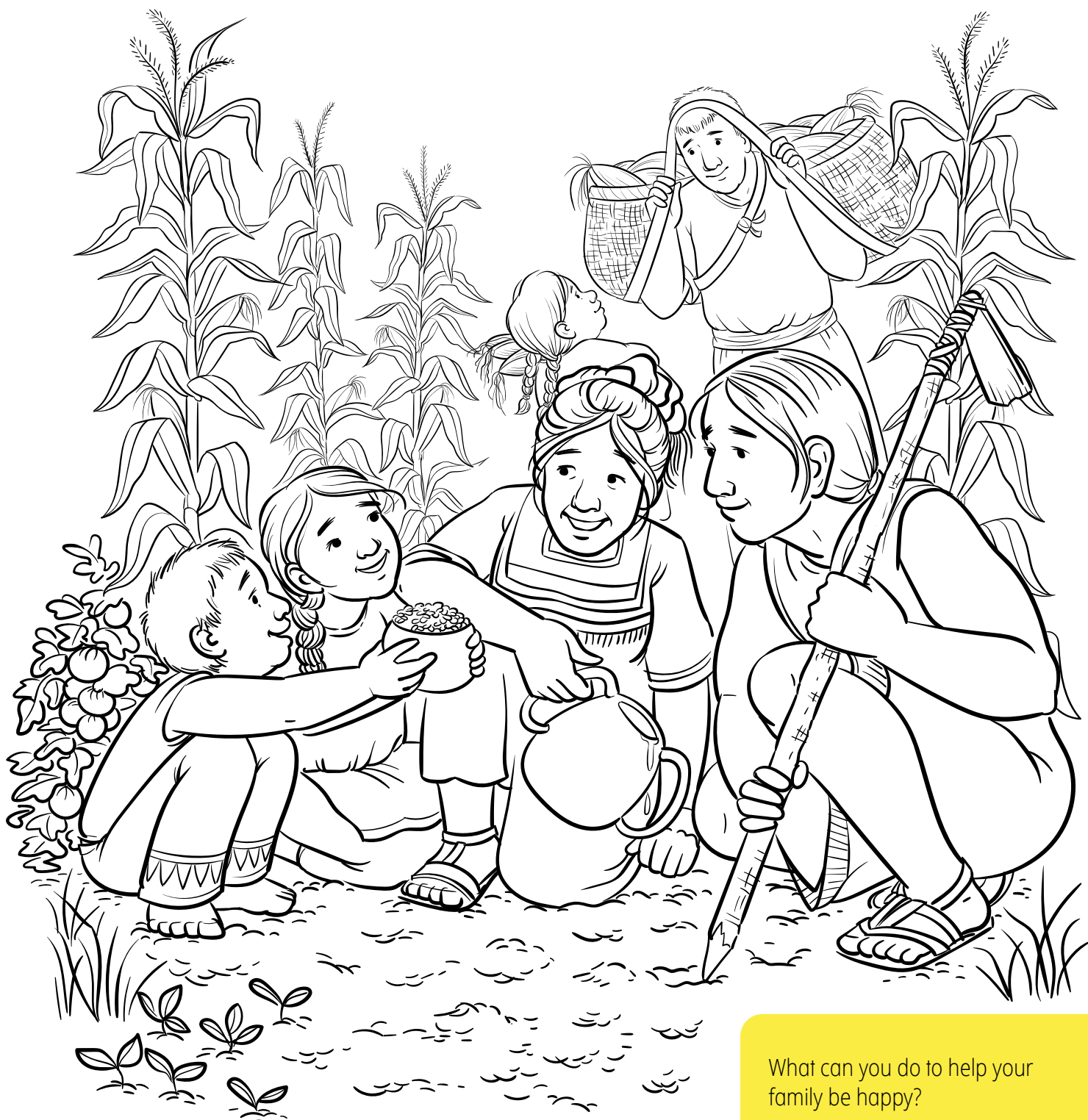




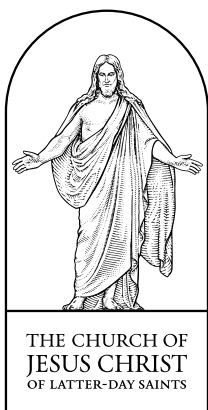
My life will be happier when I follow God's commandments. I can share what I have with others. I can help people get along. ●

Read about this in 3 Nephi 17 through 4 Nephi 1.

People Lived Happily



What can you do to help your family be happy?



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Dear Parents,

Every child should be protected and cared for. Jesus set an example of this in the Book of Mormon, blessing and praying for each child (see pages F20–23). How can we bless and protect the children we know? Here are some ideas:

- We can protect them physically and teach them to respect other people's bodies (pages F12–13).
- We can help protect them spiritually by encouraging them to take the sacrament (pages F2–3).
- We can teach them to ask for help when they need it (pages F14–15).

You could pick one of these messages to read together as a family. Make sure your children know how much they are loved!

We love you,
The Friend

SEND YOUR CHILD'S ARTWORK OR EXPERIENCE TO THE *LIAHONA*

Go to liahona.ChurchofJesusChrist.org and click "Submit an Article or Feedback." Or email it to us at liahona@ChurchofJesusChrist.org along with your child's name, age, city, and this permission statement: "I, [insert your name], give permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission in the Church magazines, on Church websites and social media platforms, and possibly in other Church materials." We can't wait to hear from you!



Find the Liahona hidden inside!

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ON THE *FRIEND* COVER
Illustration by Jim Madsen

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