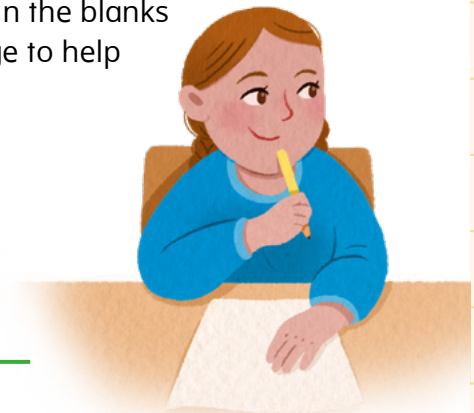




# Dear Parents,

Whether you're young or old, disappointment is hard. But life—and the gospel—is all about learning and failing and trying again as we strive to follow Heavenly Father and Jesus Christ. Read Raina's story (page 36) and tell your children about a time you had to work hard to succeed with Heavenly Father's help. These stories help children know they can do hard things too! You can also use the ideas on page 38. Fill in the blanks together and hang up the page to help the whole family.

Love,  
The *Friend*



## HAPPY, HEALTHY KIDS

Do your children struggle with health challenges? Read Daryn's message on page 42 and talk about how our bodies are amazing gifts from God.



**PLEASE SEND YOUR SUBMISSION TO:**

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

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

First and last name

Age	Boy / Girl	State / Province / Region, Country
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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



May the *Friend* contact you with a survey?

YES

NO