

OCTOBER 2024

the Friend

Following Jesus Together



Fun with
FAMILY HISTORY!

See pages 36-37 and 39



Dear Friends,

When Jesus Christ visited the Nephites, He prayed for them to have unity and “be one” (3 Nephi 19:23). He wanted them to show love, help each other, and work together. He wants that for us too!

Turn the page to read President Eyring’s message about unity. How can you help your family “be one”?

The *Friend*



Look for this icon to find articles that go with this month’s *Come, Follow Me* readings.

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The Friend Magazine



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Friends by Mail

Where We Read the Friend

Evan, Asha, and Ethan G., ages 6, 9, and 8, read the *Friend* in English in Alberta, Canada.



The Savior's Love

These girls in **New York, USA,** made a collage from art in the *Friend* at a Primary activity to remind them how they see the Savior's love in their lives.



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Arthur, Igor, and Rafael F., ages 9, 3, and 12, visited the Curitiba Brazil Temple.



Find 3 Hidden Russian CTR Rings



Hard: Two little hands
Harder: Ribbit, ribbit!
Hardest: Good!

Front cover by Shawna J. C. Tenney

Share your stories and photos with the *Friend*! See the back cover to learn how to send us your mail.

WE LOVE HEARING FROM OUR FRIENDS!



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

Working Together

We are all different. But the Lord's prophets have always asked us to have unity. When you have unity, you love each other and work together.

One way we can be united is by praying together. I once knelt at bedtime with a family I was visiting. The smallest child gave the prayer. He prayed for every person in the family by name.

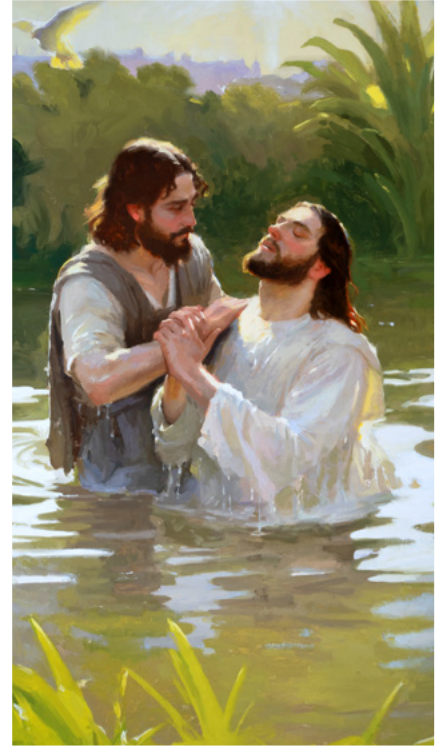
Another way to build unity is by being a peacemaker. A peacemaker helps people see what they have in common. Even our differences can help us learn and grow.

If we are united and follow the Savior together, we can become what Heavenly Father wants us to be. ●

Adapted from "Our Hearts Knit as One," Liahona, Nov. 2008, 68–71.

Jesus Christ Puzzle

President Eyring taught that we can do more when we are united! Cut along the dotted lines and give pieces to each member of your family. Then work as a team to match the colors and put the pieces together.



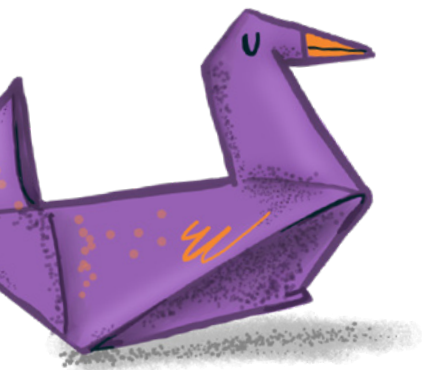


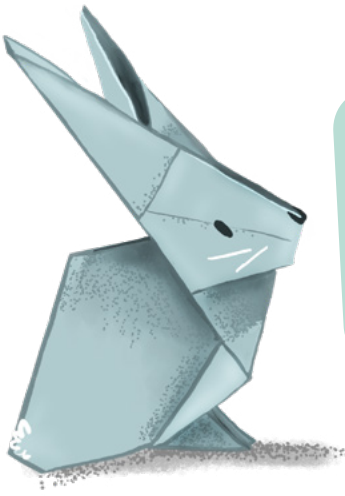
By Jane McBride
(Based on a true story)

This story happened in the USA.

Ryan closed the last envelope and grinned. His birthday was almost here, and he couldn't wait to invite his friends to his party! Mom had helped him make invitations with rocket ships and stars. He was sure it would be the best birthday ever.

The first friend Ryan wanted to invite was Chad. Chad was really nice, and Ryan always had fun with him. Sometimes Chad stumbled over his words, and he wasn't very good at sports. But Ryan didn't mind. Chad was good at other things. He liked to make tiny origami animals by folding paper. One time he made Ryan a little bear. Ryan kept it on the dresser in his room.





"Why are you inviting Chad?" asked Braden.



Ryan walked to Chad's house and gave him an invitation. "It's for my birthday party on Saturday," he said. "I hope you can come!"

Chad smiled big. "Thank you. I'll b-be there."

Before Ryan left, Chad showed him his new origami. He had deer, chipmunks, squirrels, and owls—a whole forest of tiny paper animals. It was so cool!

Next, Ryan found Ty and Braden at Ty's house. He gave them each an invitation.

"Who else is coming?" Ty asked.

"I'm inviting Alex, Matt, Jacob, and Chad."

"Ugh," Braden said. "Why are you inviting Chad? He's weird."

Ryan froze. "Because he's my friend."

"Well, he's not *our* friend," Ty said. "If Chad's coming, I'm not."

"Me neither," Braden said.

Ryan walked back home. He didn't know what to do. He wanted Ty and Braden to come to his party, but he also wanted Chad to come.

When he got home, he told Mom what happened.

"I'm sorry they feel that way," Mom said. "It sounds like they haven't given themselves a chance to get to know Chad. What do you think you should do?"

Ryan was quiet for a minute. Mom and Dad had taught him that when he needed help, the Holy Ghost could guide him. They said it was like a quiet voice you could feel in your heart.

Ryan said a silent prayer. *Heavenly Father, what should I do?*

When he thought about Ty and Braden, he felt nervous and a little sad. But when he thought about inviting Chad, he felt calm and happy. He knew the Holy Ghost was telling him that inviting Chad was a good choice.

On Saturday, Ryan helped Dad set up games to play in the backyard. Mom set out Ryan's favorite snacks, popcorn and pretzels. One by one, Ryan's friends arrived.

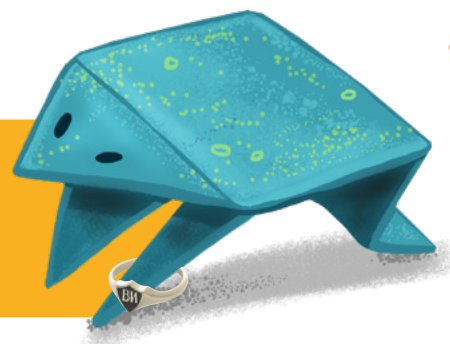
Ty and Braden didn't come. But Ryan had lots of fun with his other friends. Chad even showed them how to make origami. They all went home with their own paper animal.

It really was the best birthday ever! Ryan felt happy and grateful.

Ryan gave Chad a high-five. "Thanks for coming!" he said. "I'm glad we're friends."

Chad smiled back. "Me too." ●

How did the Holy Ghost help Ryan?





Meet
Camila!

Following Jesus in the Dominican Republic

How Camila Follows Jesus

Camila follows Jesus Christ by having faith during hard times. When her parents got divorced, Camila was sad. She turned to Heavenly Father, and He helped her feel comfort. "He showed me love during that time," Camila says.

Camila also loves to read her scriptures. "It helps me feel good and learn things," Camila says. "Reading the scriptures helps me learn right from wrong." Camila likes to read the scriptures for home evening with her grandmother. ●



¡Hola!



About Camila

AGE: 10

FROM: National District, Dominican Republic

LANGUAGES: Spanish, English

GOALS: 1) Go inside the temple. 2) Read scriptures more frequently.

HOBBIES: Playing, swimming, and learning new things

FAMILY: Camila, Mom, Dad, older sister, younger brother, dog

Camila's Favorites

BOOK OF MORMON STORY: Lehi's dream of the tree of life (see 1 Nephi 8)

HOLIDAY: Christmas

FRUIT AND VEGETABLE: Strawberries and cucumbers

COLOR: Pink

PRIMARY SONG: "The Sixth Article of Faith" (*Children's Songbook*, 126)



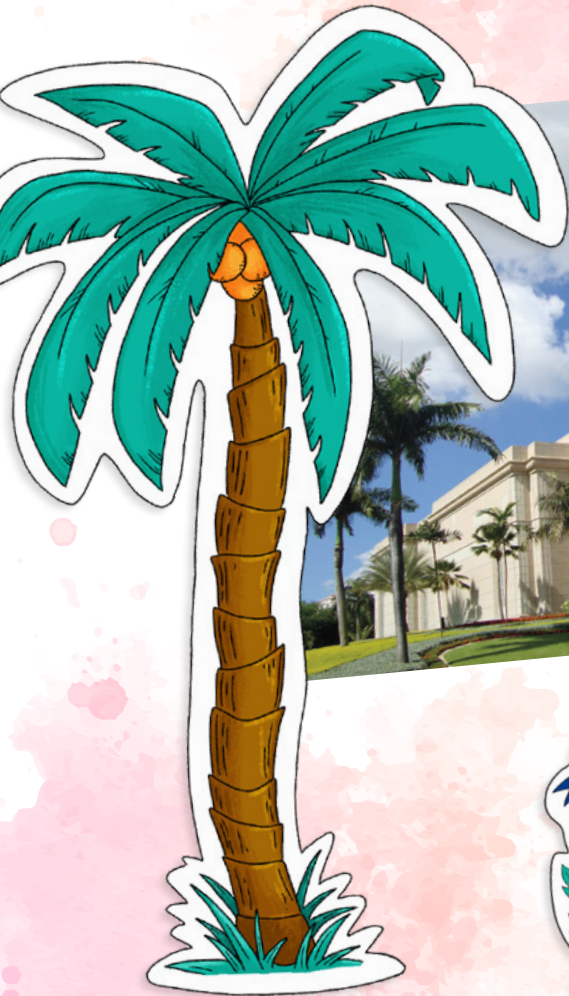
You Can Follow Jesus Too!

What's something you've done to follow Jesus? Write and tell us! Turn to the back cover to see how.



Hello from the **DOMINICAN REPUBLIC!**

The Dominican Republic is an island country in the Caribbean. Over 11 million people live there.



FIRST CARIBBEAN TEMPLE

A temple was completed in the capital city, Santo Domingo, in the year 2000. It was the first to be built in the Caribbean area!



A UNIQUE FLAG

The Dominican Republic's flag is the only country flag that has a Bible on it. The Bible is in the center of the flag.

¡Buenos días!

That means
"good morning"
in Spanish!





ACTIVITY



Baseball Fun

Baseball is the Dominican Republic's most popular sport! Here's a simple way to play. Set up three markers in a big triangle shape. Stand at the first one while a friend throws a small ball toward you. Use a stick or bat to try to hit the ball and then run to the next marker. Can you run around the whole triangle before your friend tags you?

HUMPBACK WHALES

Thousands of humpback whales swim to the coast of the Dominican Republic each year. The warm waters are a perfect place for them to have their babies.



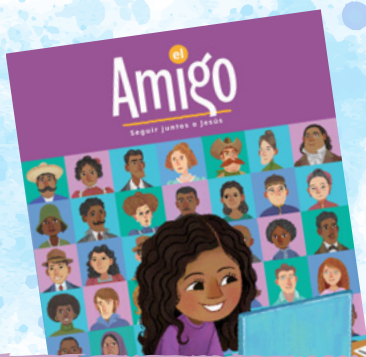
RECIPE

Ensalada Verde (Green Salad)

This is a common salad in the Dominican Republic. Here's a version you can try!

1. Rinse **4 cups (946 ml) of lettuce**, **1 cup (237 ml) of cabbage**, **1 tomato**, **1 cucumber**, and **2 carrots**.
2. Peel the carrots and cucumbers along with **2 avocados**. Then chop up all the ingredients and put them in a bowl.
3. In a separate container, put **6 tablespoons (88 ml) of olive oil**, **3 tablespoons (44 ml) of vinegar**, and **1 teaspoon (5 ml) of salt**. Shake well and pour on salad. Add **pepper** to taste.

Be sure to get an adult's help!



LANGUAGE

The Dominican Republic's official language is Spanish.

ILLUSTRATIONS BY STEPHANIE MACKAY



JOSHUA the Pioneer

By Lucy Stevenson Ewell
(Based on a true story)

This story happened in the USA.

Joshua skipped on the sidewalk as he and his family walked home from church. "Guess what?" he said. "I'm giving a talk in Primary next Sunday!"

"Next Sunday is Pioneer Day, when we remember the pioneers who came to the Salt Lake Valley," Mom said. "Maybe you could talk about pioneers."

That gave Joshua an idea. When he got home, he flipped through the *Friend* magazine. He had seen a "Draw It" activity that showed how to draw a covered wagon and oxen, like the pioneers used when they crossed the plains.¹ He wanted to draw a



picture of pioneers to hold during his talk. Joshua got out his crayons and got to work.

After Joshua finished drawing, Dad helped him write his talk.

"What do you want to say about pioneers?" Dad asked.

Joshua remembered a song about pioneers that they were learning in Primary. "Well, pioneers are people who walked and walked and walked," he said.²

"You're right! The Saints who crossed the plains walked very far," said Dad. "But did you know that you're a pioneer too?"

Joshua scrunched his eyebrows. "Because I walk to school sometimes?"

Dad laughed. "You're a pioneer because you do hard things," he said. "And you choose the right, even though it's not always easy."





"Cool," said Joshua. It felt special to be a pioneer! "A pioneer is also the first person to do something," Dad said. "When you became part of our family, you learned about the gospel and chose to follow Jesus Christ. That makes you a pioneer too!"

Joshua was adopted. He still saw his birth family and got to do fun things with them. But when he came to live with Mom and Dad, he learned about Jesus Christ and the Book of Mormon. He went to church with them. He even got to go to the temple to be sealed to his new family.

Joshua grinned. He had an idea of what to say in his talk.

All week, Joshua practiced what he would say.

"Do you want me to go up with you when you give your talk?" Dad asked.

"I think I can read everything I wrote by myself," said Joshua. "But can you hold up the picture I drew?"

Dad smiled. "Of course."

When Sunday came, Joshua was ready. He stood at the front of the Primary room. Dad stood next to him and held up the drawing.

"Today is Pioneer Day," Joshua said. "Pioneers are people who walked really far. Like the Saints who crossed the plains."

Joshua pointed to the picture Dad was holding.

"But a pioneer is also the first person to do something," he said.

Joshua looked at Mom. She was smiling at him from the back of the room.

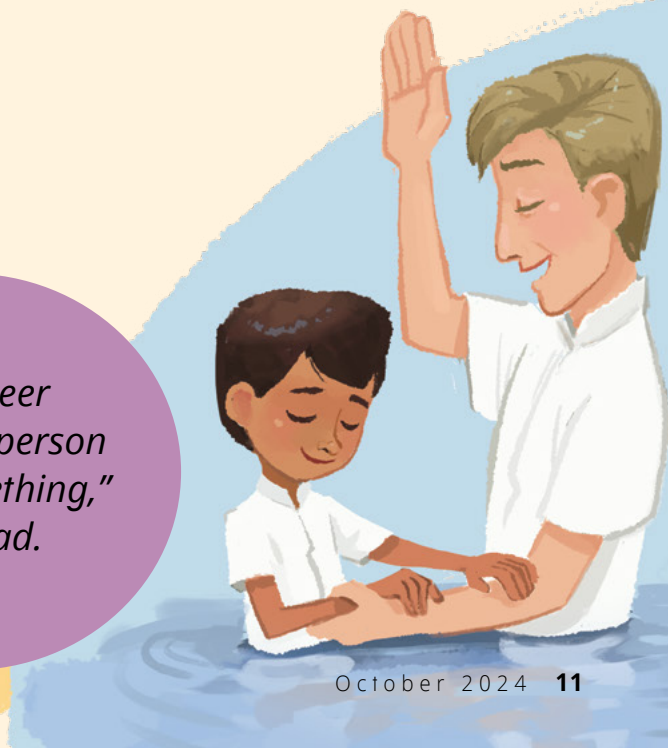
"I am a pioneer," said Joshua. "When I get baptized, I will be the first person in my birth family to join the Church." He grinned. "We can all be pioneers by doing hard things and choosing to follow Jesus. In the name of Jesus Christ, amen."

Joshua felt happy as he walked back to sit with his Primary class. He was glad to be a pioneer! ●

1. See *Friend*, July 2022, 17.
2. See *Children's Songbook*, 214.



"A pioneer is the first person to do something," said Dad.



Liken the Scriptures

Words by Shawna Edwards and Linda Urquhart
 Music by Shawna Edwards
 Arranged by Daniel Blomberg

Fervently ♩ = 60-66

1. I may not be asked to build a
 (2.) may not raise a tent to hear the

great, big ship or sail my fam-'ly 'cross the o - cean blue. But
 proph - et speak, but I can lis - ten when he speaks to - day. And

if I had the faith and cour-age Ne - phi did, i - ma-gine all the great things I could
 I don't have a sword to bu - ry ten feet deep, but I can cast my self - ish words and

go and do. The Lord has a spe - cial mes-sage for me
 deeds a - way.

in ev - 'ry scrip-ture sto - ry I read. And I can be - come who I'm striv - ing to be when I

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3rd time to Coda ⊕

Am7 D7 1. G C

li - ken the scrip-tures to me. 2. I

2. G C G2 1 C

me. Like E - nos, I will fer-vent-ly pray. — Like the

D2 1 G C3 1 D4 1

strip - ling war - riors, I will o - bey. — Like A - bish, I will

Em Am7 D D.S. al Coda

share what I know. — And like Am-mon, I'll go — where I'm called to go. —

CODA ⊕ Em G 2 Am7 D7 5 3 3

me. When I lik - en the scrip - tures to

G C G

me.

Macy's Loving Songs

By Jeza Loren A. Baello

(Based on a true story)

This story happened in the Philippines.

"I miss G-pop," Macy told her grandma. She called her grandparents G-pop and G-mom. "Ever since he went to the hospital, I've wanted to help him. But I don't know how."

Macy pushed around the food on her plate. It was her favorite breakfast—rice, eggs, and hot dogs. But she felt too sad to eat.

G-mom put her arm around Macy. "I understand. Sometimes we feel helpless when someone we love is going through a difficult time. But remember, there are two people who love us even more than we can imagine."

"Who?" Macy asked.

"Heavenly Father and Jesus Christ," G-mom said. "When we have faith in Them, They guide us and give us strength."

As Macy listened, her heart felt hopeful. She knew that Heavenly Father and Jesus could help G-pop.


That night, Macy knelt by her bed and closed her eyes.

"Heavenly Father, please watch over G-pop and help him feel better. I love him, and I love Thee too. Please help me to know what I can do for him."

The next morning, Macy woke up to the sun shining through her curtains. She had an idea! Singing Primary songs and Church hymns was one of the things she and G-pop loved to do together. Maybe that would bring him comfort!

She got up, said her morning prayer, then asked G-mom if she could visit G-pop. Soon, they were on their way to the hospital together. She was excited to finally see G-pop again and hopefully make him smile.





"Even though you're small," G-pop said, "you have a big heart filled with love."

When Macy walked into the hospital room, G-pop was sitting up in bed with a blanket over his legs. He looked tired. But when he saw Macy, his face lit up with joy. She ran to him and gave him a gentle hug.

"Good morning, G-pop!"

"What brings you here, my little *lang-lang* Macy?"

Lang-lang meant "love." It was G-pop's favorite nickname for Macy.

"I want to sing for you," Macy said. She sat beside him on his bed and opened her songbook. "I am a child of God, and He has sent me here . . ." she began.

G-pop's eyes filled with tears of joy. He joined in and started singing too.

". . . has given me an earthly home with parents kind and dear."*

Their voices filled the small hospital room. Soon, G-mom joined in too. Macy had a peaceful feeling in her heart as they sang together.

When they finished, Macy reached out her hand, and G-pop held it tightly.

"Let's pray, G-pop."

Together they prayed, and Macy asked Heavenly Father to bless G-pop with strength and healing.

After the prayer, G-pop looked at Macy. "Thank you for your beautiful songs and prayers. You've helped me feel better. Even though you're small, you have a big heart filled with love."

Macy smiled. She was happy that her love and faith had helped G-pop feel better. She knew that Heavenly Father and Jesus Christ would always be there to help her family in hard times. ●

**Children's Songbook*, 2.

Just Right for Zack

By Margo Mae and Abby Larkins
(Based on a true story)



Zack likes to run, jump, and play.
Zack also has sensory processing disorder.



For Zack, that means he doesn't like loud noises.
And he likes to do the same things every day.



Every afternoon he plays with the
same toy airplane.



Every night he reads the same
bedtime story.



And every Sunday he sits in the same
chair during Primary.



One day at church, all the kids practiced for the Primary
program in the chapel. This was very different!



Zack doesn't like it when things are different.



Mom had him stand in the front row so he had room to wiggle.



His friend stood next to him to help him feel better.



His teacher gave him headphones to make everything quieter. But Zack was still upset.



Then the music director and the Primary president had an idea.



Zack's special job was just right for him! He was happy to feel Heavenly Father's love.

This story happened in the USA.



By Elder
Dale G. Renlund
Of the Quorum of the
Twelve Apostles

How Can Doing Family History Help Me?

You will feel more joy!

Your family will be blessed,
no matter your current,
past, or future family
situation.

The Holy Ghost will give
you more strength and
direction for your life.

You will gain a better
understanding of the
Savior and His Atonement.

*Adapted from "Family History and Temple Work:
Sealing and Healing," Liahona, May 2018, 46–49.*



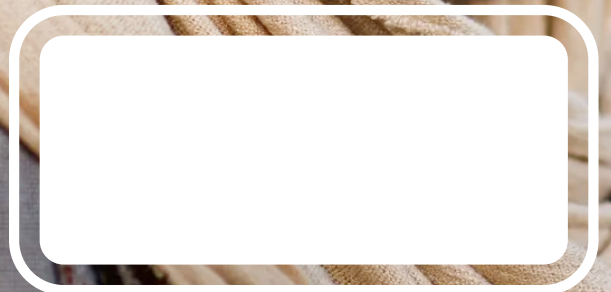
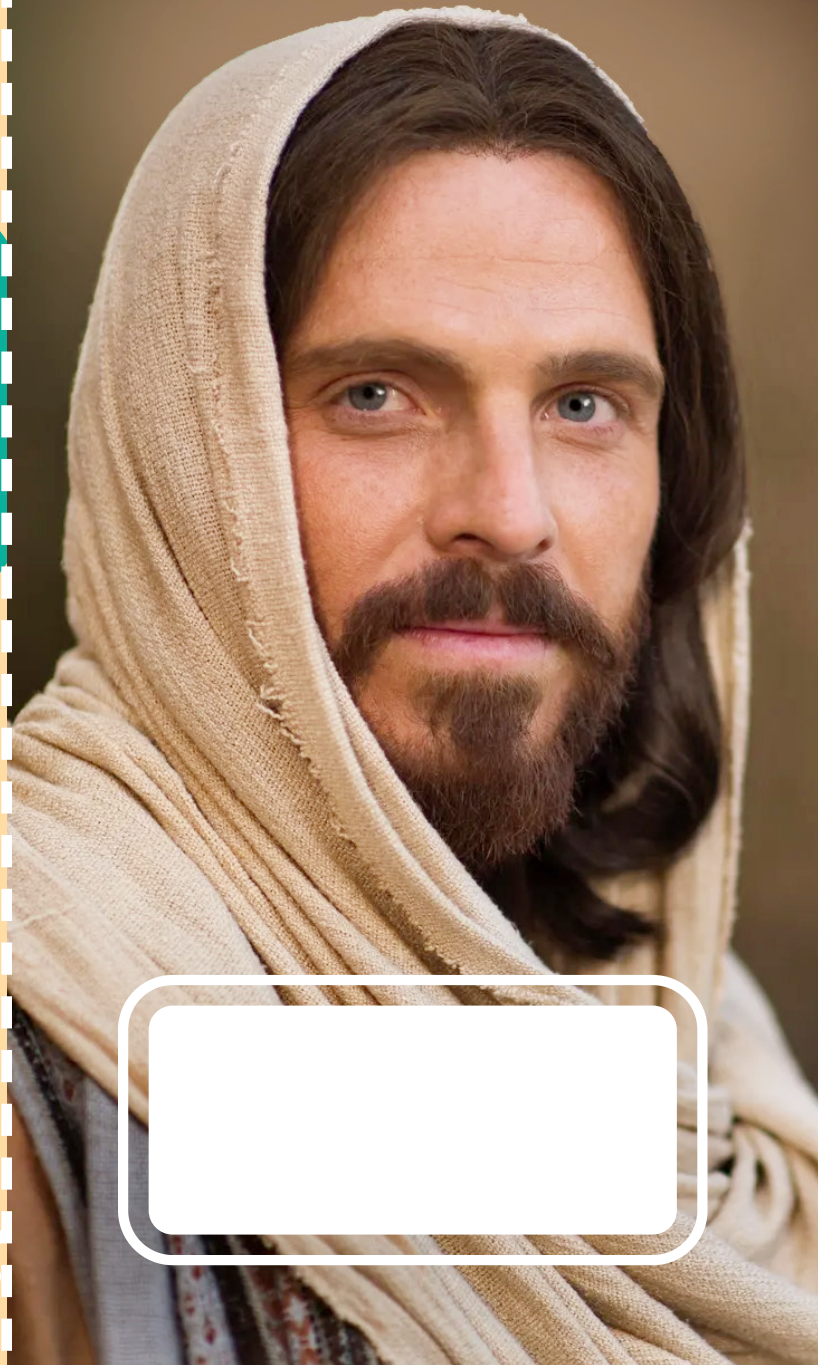
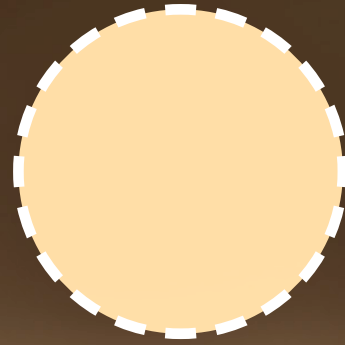
Did You Know?

Elder Renlund was the 100th Apostle to be called in the latter days.

A Reminder to Remember

Make this craft to help you remember Jesus Christ! In the empty space, write some things you can do during the week to think of the Savior. Then cut on the dotted lines. Hang your goals on a doorknob where you'll see them often to help you remember Him.

We take the sacrament to remember Jesus Christ. As we do, we are promised that we can always have His Spirit with us (see 3 Nephi 18:7).





Following Jesus Together



"For the Beauty of the Earth," Kennedy B., age 10, Oregon, USA



Sofia F., age 6, Île-de-France Region, France



Some of my friends teased a classmate because he has medical problems. I told them the Savior loves everyone. Now my classmate feels loved.

Gift A., age 12, Cross River State, Nigeria



I learned to make pasta with my nana for an activity day goal. She taught me how to make the dough and flatten it into noodles. It taught me I can learn new things. It tasted really good!

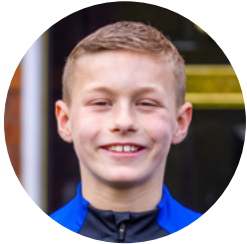
James N., age 7, Colorado, USA



"King Benjamin the Great Worker," Zoe B., age 8, Illinois, USA



I loved making my puppet after I watched the Friend to Friend broadcast!
Marjore D., age 10, São Paulo, Brazil



I follow Jesus by helping my granddad in the garden and picking up leaves. When I follow Jesus, I feel happy.
Jude L., age 10, Antrim, Northern Ireland



On the bus, I have been teaching my friend about Jesus and how to pray. I wrote my testimony inside the Book of Mormon and gave it to her.
Zoey R., age 7, Minnesota, USA



The Lord commanded prophets to write things down to help us in our lives. I know the scriptures are the true word of God.
Tevita U., age 11, Tailevu Province, Fiji



Hyrum C., age 10, Alberta, Canada



Jones F., age 7, Utah, USA



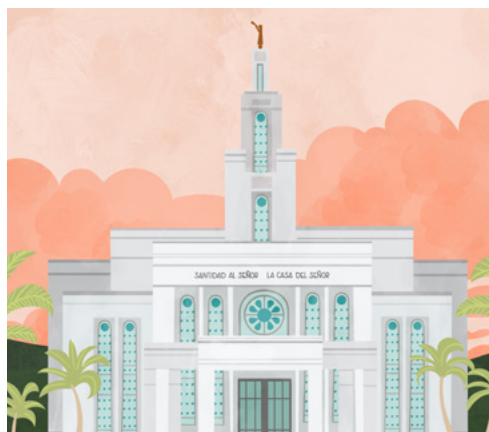
Spencer C., age 7, Idaho, USA

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

What Is the Endowment?

When you are older, you can go inside the temple for a special ceremony called the *endowment*. During the endowment, we learn about God's plan and Jesus Christ, and we promise to follow Them. The knowledge we receive and the covenants we make during the endowment are gifts from God. Prophets have promised that the endowment will give us more hope, comfort, and peace.

- From this temple, you can see the Panama Canal and the Pacific Ocean.
- It sits on a green hill near a rainforest.
- When it was dedicated, one thousand youth performed traditional dances to celebrate.



Panama City Panama Temple

- This was the 99th temple to be dedicated.
- The temple grounds have palm trees and a beautiful view of the Caribbean Sea.
- This was the first temple built in the Caribbean.



Santo Domingo Dominican Republic Temple



Cut out the cards, fold on the dotted line, and tape them closed.
Find more temple cards at friend.ChurchofJesusChrist.org.



The People Live Happily

After Jesus visited the Nephites, the people loved God and “had all things common among them” (4 Nephi 1:3). That means they shared and worked together. Can you find the hidden objects?



The Savior's Sheep

Jesus Christ is called the Good Shepherd. We are like His sheep. He watches over us and guides us. In the New Testament, Jesus taught that He had “other sheep” who lived in another part of the world (John 10:16). After He was resurrected, He visited some of those other people in the Americas. He blessed them. He healed them and taught them. He loved them just like He loved the people in Jerusalem. Jesus has other sheep all over the world. He loves all of Heavenly Father’s children no matter where they live. He loves you! ●





Scripture Challenge

Who is the light we should hold up?
(3 Nephi 18:24)

The Nephites who were baptized were filled with what?
(3 Nephi 26:17)

In what name did Jesus tell the disciples to call the Church?
(3 Nephi 27:5, 7)

I Can Read the Book of Mormon!

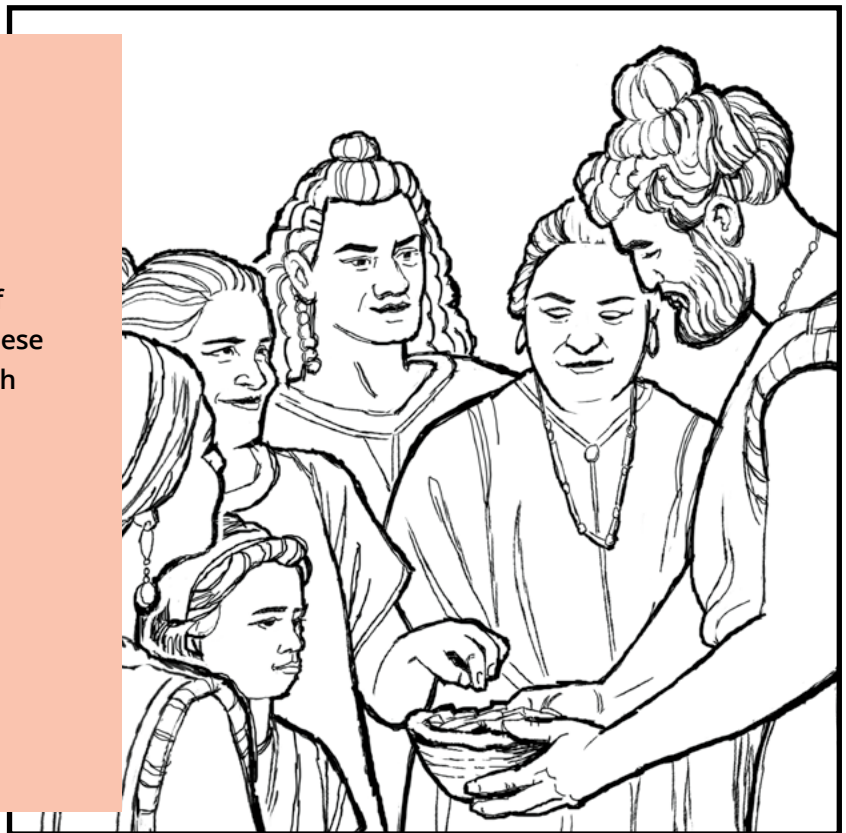
After you read, color part of the picture. You can read these scriptures that go along with each week's reading from *Come, Follow Me*.

Week 1: 3 Nephi 15:9

Week 2: 3 Nephi 17:7-9

Week 3: 3 Nephi 20:5-8

Week 4: 3 Nephi 27:29



Draw or make something that reminds you of where you're from. No matter where you live, you are one of Jesus Christ's sheep in His fold.

Jesus Blessed One by One

You can read this story in 3 Nephi 11 and 17.



Prophets taught the Nephites about the signs of Jesus Christ's death. When He died, there was darkness in the land for three days. Later, the people heard Heavenly Father's voice speaking from heaven.



Heavenly Father said, "Behold my Beloved Son" (3 Nephi 11:7). Jesus appeared to the Nephites. He was resurrected! He taught the Nephites many things. He told them to repent and follow Him.



He asked the people to bring those who were sick to Him to be healed. He blessed them.



He also blessed all the children one by one. Angels surrounded the children. ●

Come, Follow Me Activities

*For home evening or scripture study—
or just for fun!*

September 30–October 6

Treasure Box

FOR 3 NEPHI 12–16

Jesus Christ said, “For where your treasure is, there will your heart be also” (3 Nephi 13:21). Decorate a box with hearts and pictures of the Savior. Then write or draw things that you can do to be like Him and put them in your new treasure box. You can look through your box each Sunday to remind you to follow Jesus that week!

For younger children: Help your child find their heartbeat or your heartbeat. Talk about how we can’t see our hearts but we can feel them. Similarly, we can’t see God but we can feel His love.



October 7–13

Remembering Jesus Christ

FOR 3 NEPHI 17–19

Jesus Christ gave the sacrament to the Nephites. He taught them to take it so they could always have His Spirit with them (see 3 Nephi 18:7). Go to page 19 to make a door-hanger craft to help you remember Jesus during the week.

For younger children: Read the scripture 3 Nephi 18:7 out loud to your little ones. Tell them to point to their head every time you hear the word “remember.” Talk about how you can remember Jesus Christ.



October 14–20

Keeping a Record

FOR 3 NEPHI 20–26

The Savior told the Nephites to keep a record of what He taught them and the things that happened to them (see 3 Nephi 23:4, 7–13). Draw or write about something good that happened to you this week. How has Heavenly Father blessed you?

For younger children: Sing the song “Families Can Be Together Forever” (*Children’s Songbook*, 188). Invite your little ones to share one thing they love about their family.



October 21–27

Jesus Brings Joy

FOR 3 NEPHI 27–4 NEPHI

In 4 Nephi, the Nephites were joyful because they followed Jesus Christ (see 4 Nephi 1:15–16). Take turns silently acting out things you do to follow the Savior that bring you joy. Have everyone else guess what the person is acting.

For younger children: Show your little ones pictures of people smiling. Invite them to practice their happy faces! Talk about how the Nephites were happy when they followed Jesus Christ.



Kindness at CAMP

By Jordan Monson Wright

(Based on a true story)

This story happened in the USA.

Kat rubbed her prosthetic arm nervously as Mom drove down the dirt road. "Mom, I'm scared."

Mom gave her a soft smile. "I know. But I think you will like summer camp, honey. Think of all the new kids you will meet."

Kat said nothing, but inside she thought, *That's what I'm afraid of.*

Soon they arrived at the day camp. Mom went with Kat to talk to her camp counselor, Brian. "Kat had her arm amputated as a baby," Mom told him. "It won't affect how she plays, but sometimes it makes meeting new people a little hard."

"Don't worry, Kat," said Brian. "We're all happy to have you here."

Kat had fun meeting the kids in her group. They named themselves the Purple Tigers. They went on a hike, ate cheese and crackers, and had foot races. Kat was one of the fastest in the group.

At the end of the day, Brian announced that they would compete against another group in a sack race. Kat hoped the Purple Tigers would win!

When it was her turn, Kat pulled the sack around her knees and began to jump. But the sack was hard to hold up with one hand, and she tripped over the heavy fabric. Kat fell and rolled onto the grass. By the time she got back up, the other team had finished the race. Kat's team had lost.

That night at dinner, Kat told her parents about the sack-race disaster. "I don't want to go back to camp," she said. "The team lost because of me. They won't want me to come back."





*Kat knew how it felt
to be different.*



"I'm sorry, sweetie." Mom gave Kat a hug. "I'm sure your new friends still love you. And you know who will always love you no matter what?"

"You will." Kat smiled a little.

"Yes. We love you! And so does your Heavenly Father. You're His child too, remember?"

"It sounds like you had fun before the sack race," said Dad. "Why don't you give camp one more try?"

Kat nodded. "OK."

Dad smiled. "Try to notice when people are kind to you. And look for ways to be kind to others. That always helps me when I'm having a hard time."

The next day at camp, the kids from Kat's group greeted her with high-fives and hugs. No one mentioned the sack race, and Kat forgot how worried she had been. She told jokes with her new friends while they waited for the activities to start.

Then Counselor Brian walked over to the group. Next to him was a boy Kat's age. "Attention, Purple Tigers," said Brian, "we have a new friend today. His name is Rodrigo. Rodrigo only speaks Spanish,

so we are trying to find a counselor who speaks Spanish to help him."

Kat was learning Spanish at her school, but she only knew a little. She was too scared to try to talk to Rodrigo.

Then she looked at him. He looked scared too. *Not speaking the same language as the other kids must be hard*, she thought. She knew how it felt to be different.

Kat remembered how all her new friends had welcomed her to the group. They made her feel loved, just like Jesus would. She wanted to do that for Rodrigo too.

Kat remembered how to say "hello" in Spanish. So she took a deep breath and walked up to Rodrigo. "Hola," she said with a smile.

Rodrigo's worried look went away, and he smiled back. Kat held out her prosthetic hand.

"¿Amigos?" she asked. *Friends?*

Rodrigo's smile got bigger. He took her hand and shook it. "Amigos." ●



By Elder
Michael A. Dunn
Of the Seventy

Learning TO PRAY

When I was young, my family went to a church. But I wasn't taught to pray. I learned to pray by listening to my grandparents pray.

My parents divorced when I was a child. My grandparents would often invite my mom, my siblings, and me over for Sunday dinner. I liked hearing my grandmother and grandfather pray before

meals. Their prayers gave me a warm feeling inside.

I remember one night when I was about five years old. I wanted to pray to Heavenly Father. Sometimes the things I learned about God were hard to understand. But I knew that He was real. So I prayed to Him. I thanked Him for my blessings and asked Him for what I needed. I felt strong and happy because I knew Heavenly Father loved me.

Years later, I learned about The Church of Jesus Christ of Latter-day Saints. The missionaries taught me more about Heavenly Father and prayer. I knew what they were saying was true. I got baptized.

I hope that you will build a relationship with Heavenly Father and know that He is real. He knows you and listens to you when you pray. Knowing who you are and who Heavenly Father is will help you to feel His love. ●

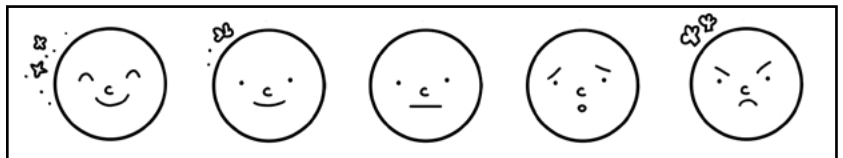
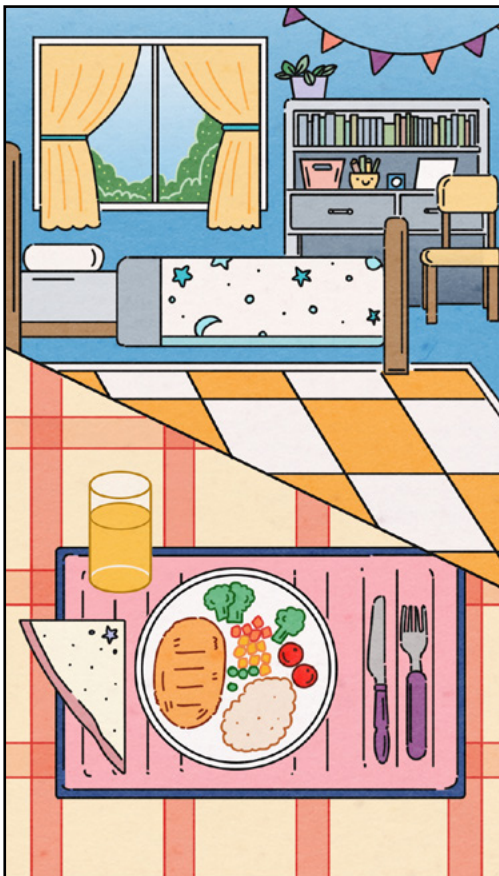
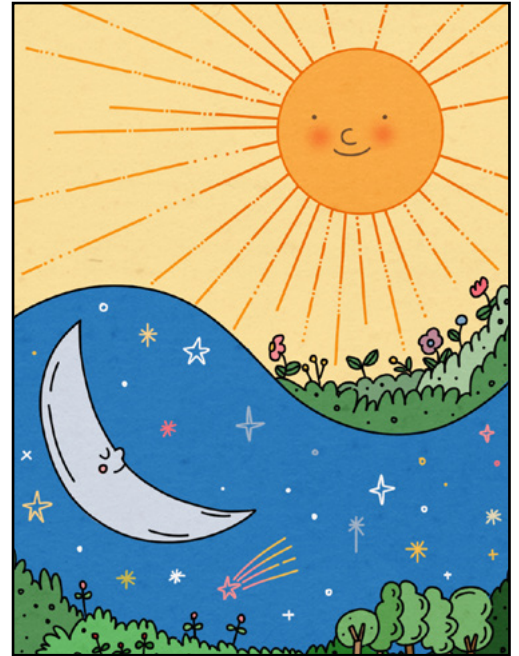
From an interview with Rebekah Jakeman and Bradley Salmond III.



How I Pray

You can pray anytime, anywhere, and Heavenly Father will always listen. Follow the prompts to draw and write about how praying helps you.

Where do you like to pray?



How do you feel when you pray?

MARGO and PAOLO



Super Servers!

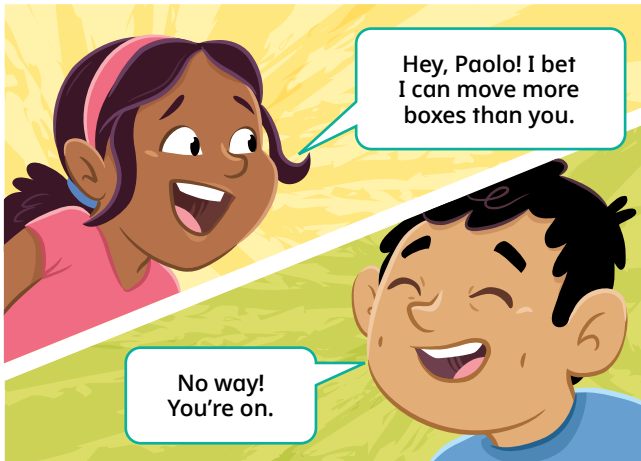


There are so many boxes.

We'll never be able to move them all!

Brother Campos really needs our help. We can do this!

I'm sure that if we work together, we'll be done in no time.



Hey, Paolo! I bet I can move more boxes than you.

No way! You're on.



So, who won?

It was a tie. You're both super servers! Thanks for your help.



We make a pretty good team!

Older Kids' Section

What's Inside:

An Important Quest.....	36
Better Every Day.....	38
5 Ways to Do Family History.....	39
The Sunflower Bouquet	40
Make a Sunflower Card	42

Quick Quiz



When Jesus Christ visited the Nephites, what did He do?

- A. Taught about prayer
- B. Healed the sick
- C. Blessed the children
- D. All of the above

ANSWER: D

Healthy Tip

Orange-colored fruits and vegetables are good for your eyes! Eating foods like oranges, sweet potatoes, carrots, cantaloupe, apricots, pumpkins, and mangos can help protect your eyes and help you see at night.

By Dayle Searle

(Based on a true story)

This story happened in Mexico.

Javi liked learning to do new things. He liked learning to play baseball. He liked learning the guitar. He liked learning to play new video games. So when Papá asked if he wanted to learn something new, Javi was ready.

Javi watched Papá open his laptop and bring up a site called “FamilySearch.”

“I’m going to teach you how to find the names of our ancestors,” Papá said. “Many of them lived a long time ago, and they didn’t have the gospel. When we find their names, we can go to the temple to be baptized for them. Then they will have a chance to accept the gospel.”

Javi remembered how good he had felt when he was baptized. If he could help his ancestors feel the same way, he wanted to learn how!

Javi watched Papá show him what to do. Then Papá passed the laptop to Javi. “Your turn!”

Javi grinned. He practiced clicking around and reading the names and dates. This was his family!

For the next few nights, Mamá and Papá helped Javi learn more about doing family history work. His older sister Lily started to learn too. It felt like playing a video game with a very important quest!

One Sunday, the bishop announced that the stake was holding a special challenge. The stake members would have 60 days to find as many names as they could to send to the temple. The goal was a total of 5,000 names. At the end of the 60 days, there would be a big party to celebrate. There would also be awards for the people who had found the most names.

“I want to help,” Javi said when they got home from church.


“Me too!” Lily said.

“How about you start right now?” Papá said. “See how many names you can find before dinner.”

Javi and Lily raced to the front room. Lily opened FamilySearch on her phone, and Javi worked on Papá’s laptop. Soon he found a record for his great-grandfather’s brother. It also listed three children who hadn’t been baptized. Javi whooped. He had found three names to send to the temple!

For 60 days Javi spent most of his free time doing family history. He searched for names almost every night after school. On Sundays, his whole family worked on it together.

AN IMPORTANT QUEST



At the end of the 60 days, Javi and his family went to the church building for the party. There were tacos, music, and lots of people. It was fun!

Finally, the stake president stood up.

"I am so proud of everyone," he said. "Our stake found 10,000 names for the temple!"

Everyone cheered. Javi's eyes got wide. That was twice as many as their goal!

Then the stake president announced the winners. The adult winner was a woman Javi didn't know, but the youth winner was Lily!

"Now for the children. We had someone send in 216 names," said the stake president. The crowd

clapped so loudly that Javi couldn't hear what the stake president said next.

Javi's father nudged him. "Javi, he said your name."

Javi could hardly believe it. Had he really sent in 216 names?

Javi walked to the front. He smiled big as the stake president shook his hand and handed him a certificate. It had his name on it!

"How does it feel to win?" the stake president asked.

"Really good," Javi said.

It did feel good to win. But it felt even better to have learned a way to help so many people! ●



*Could Javi help find
5,000 names on FamilySearch?*

Better Every Day



**By Heber A., age 8,
Praia, Cape Verde**

I love reading the scriptures!
When the new temple in Cape

Verde was built, I helped with the temple open house. I wanted to be prepared to visit the temple, so I read the Book of Mormon and finished the Old Testament picture book three times.

Now I am starting to read the Doctrine and Covenants. There are lots of things about temples in there! But my two favorite scripture stories are both from the Book of Mormon, about Ammon and Captain Moroni. I want to be like them. Reading the scriptures is how I follow Jesus Christ.

I also follow Jesus Christ by trying to accomplish my goals. My spiritual goals are to be ready for church on time and to read the Book of Mormon. My physical goals are to practice karate and soccer. My intellectual goals are to read the Book of Mormon and to learn English. And finally, my social goal is to always help my friends. My goals help me to be better every day! ●

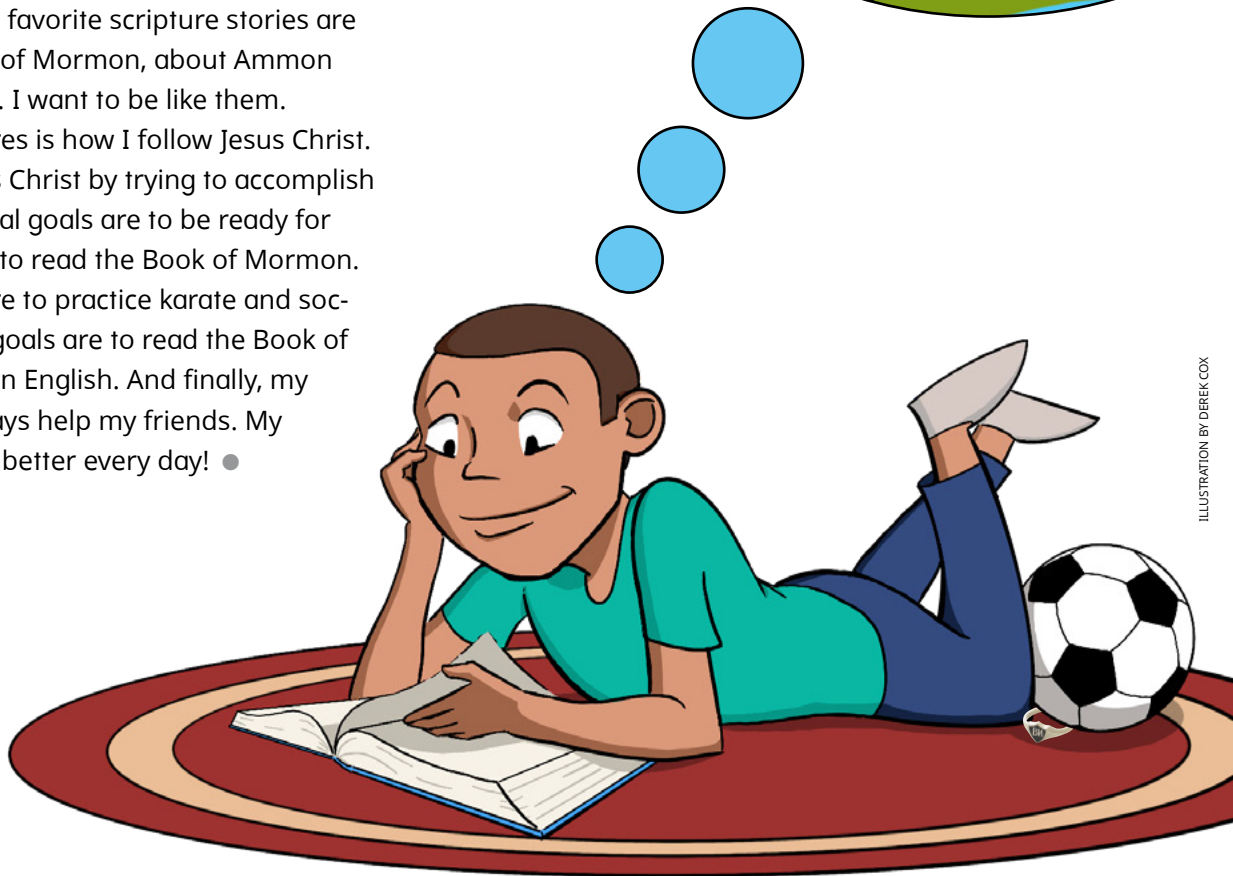


ILLUSTRATION BY DEREK COX

5 Ways to Do Family History

By Charlotte Larcabal Speakman

1 Learn your family stories.

Any story about your family members counts. Some might be about your ancestors, and some might be about you! Family stories don't all have to be about big events. Some of the best family stories are just fun.

2 Learn about the countries your ancestors are from.

If your ancestors are from a different country, find out a little more about that country. What do they eat there? What are some traditions in that country?

3 Ask questions.

Ask your grandparents, parents, aunts, and uncles questions about their lives. Where were they born? What was their childhood like? What's a favorite memory? Take notes or record your conversation.

4 Keep a journal.

Write your own family history in a journal! You can write about your day, what you like, how Heavenly Father helps you, or what is important to you.

5 Find new names.

You can use [FamilySearch.org](https://www.familysearch.org) to find the names of people to take to the temple, like Javi did. (Read his story on page 36.) Ask a trusted grown-up for help and see who you can find!

The Sunflower Bouquet

By Noelle Lambert Barrus
(Based on a true story)

This story happened in Denmark.

Amalie followed her parents through the church doors. The sound of the piano playing hymns filled the chapel. Amalie and her family found a bench and sat down.

Sacrament meeting started, and soon the whole branch was singing the opening hymn. While she sang, Amalie noticed their next-door neighbor, Sister Aisha, sitting nearby. But Sister Aisha wasn't singing. She was frowning.

Sister Aisha was always so nice to Amalie. But she looked sad a lot. Amalie knew that she lived alone. Maybe she was lonely.

Amalie wished she could do something to help. But what?

The next week, Amalie went on a bike ride down a long road. She rode past big green fields. The sun warmed her skin.

Soon she came to a field of sunflowers. The bright yellow flowers waved slightly in the wind and stretched to the sun. They were so tall and so big!

A sign next to the field said, *Free sunflowers! Take as many as you want.*

Amalie stared at the field. The flowers looked like an ocean of yellow smiling at the sky.

She parked her bike and picked a bunch of flowers. She could give them to Mom! Mom loved flowers. But there were enough flowers that she could pick more for someone else too.

A name came to her mind: Sister Aisha. Maybe these flowers could help brighten her day.

"I hope she likes sunflowers," Amalie said quietly to herself. But she was a little nervous. What if Sister Aisha thought it was weird?

Amalie stopped picking the flowers. She rubbed the soft



Amalie wanted to help. But how?



petals between her fingers. Maybe she shouldn't give flowers to Sister Aisha.

No, Amalie thought. She knew she should give them to Sister Aisha. They might not make everything better. But Amalie still wanted to help, even in a small way. She could give the flowers to Sister Aisha at church tomorrow.

Amalie spent a long time picking the best flowers. She put them together and placed them carefully in her bike basket. Then she hopped on her bike and rode home. The bright yellow of the flowers looked pretty with the deep green of the forest in the background.

When Amalie got home, she tied each bouquet with a ribbon. She gave one to Mom.

Mom smiled big when she saw it. "Thank you! They're beautiful." She put the flowers in a vase on the table.


The next day, Amalie took the other bouquet of sunflowers to church. She found Sister Aisha sitting alone on a bench.

"Hi," Amalie said. "I picked some sunflowers for you."

Amalie held the flowers out. When Sister Aisha saw them, she smiled. Amalie hadn't seen her smile in a long time. Her eyes were filled with light.

"Thank you," Sister Aisha said. She gave Amalie a hug. "These are my favorite flowers."

Amalie smiled too. She hadn't known they were Sister Aisha's favorite flowers! But the Holy Ghost had prompted her to make a bouquet for Sister Aisha, and Amalie was grateful she had listened. ●



"If you have a thought to do something good, it's prompted by the Holy Ghost."

Elder David A. Bednar, Face to Face (worldwide youth broadcast, May 12, 2015), Gospel Library.

Make a Sunflower Card



1. Cut out a small circle of brown paper and a larger circle of yellow paper.
2. Cut out a stem and leaves from green paper.



3. To make the card, fold a piece of paper in half horizontally.



4. Glue the brown circle in the middle of the yellow circle.
5. Cut lines into the yellow circle, stopping before the brown center. Gently bend the cut pieces upward to make petals.



6. Now glue the flower, stem, and leaves to the front of the card.
7. Write a kind note inside the card and give it to someone to help them feel the light of Jesus Christ!



Little Friends' Section



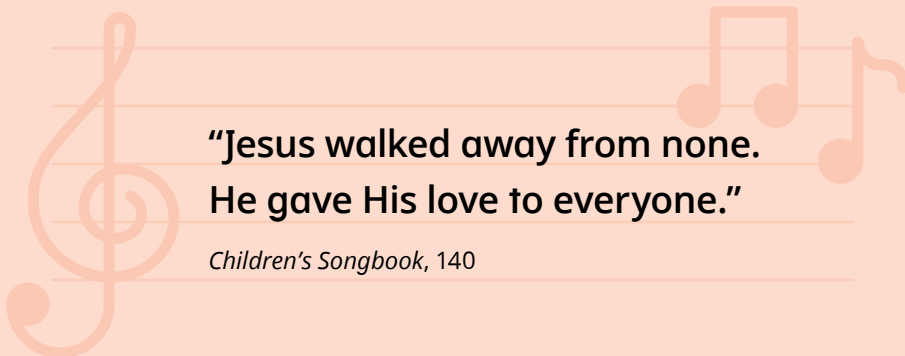
I love going to Primary and singing songs about Jesus.

**William L., age 5,
Florida, USA**



I like to color in the *Friend*.

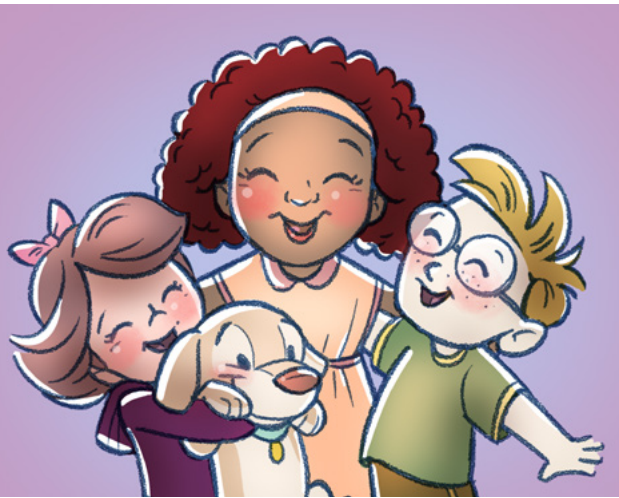
**Makayla N., age 3,
Nairobi City County, Kenya**



"Jesus walked away from none.
He gave His love to everyone."

Children's Songbook, 140

I Can Follow Jesus by Loving Others



Jesus loved everyone.
I can love others too.



I can visit someone
who is lonely.



I can say sorry when
I'm unkind.



When I love others, I can even
make new friends!

Activity Time

Remember, Heavenly Father and Jesus Christ love you always.

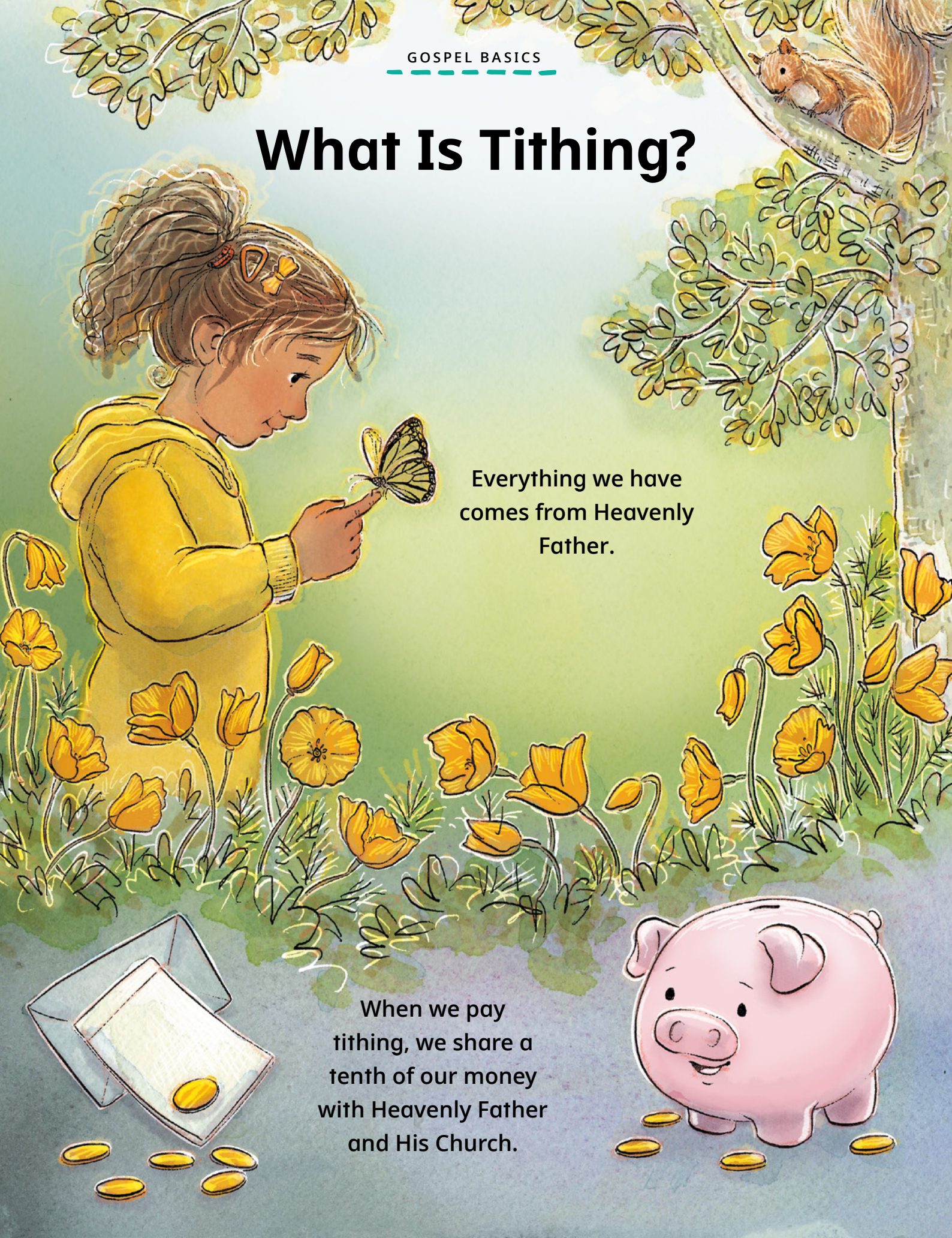
Hold up your hands!

For each finger on your left hand,
name someone you love!

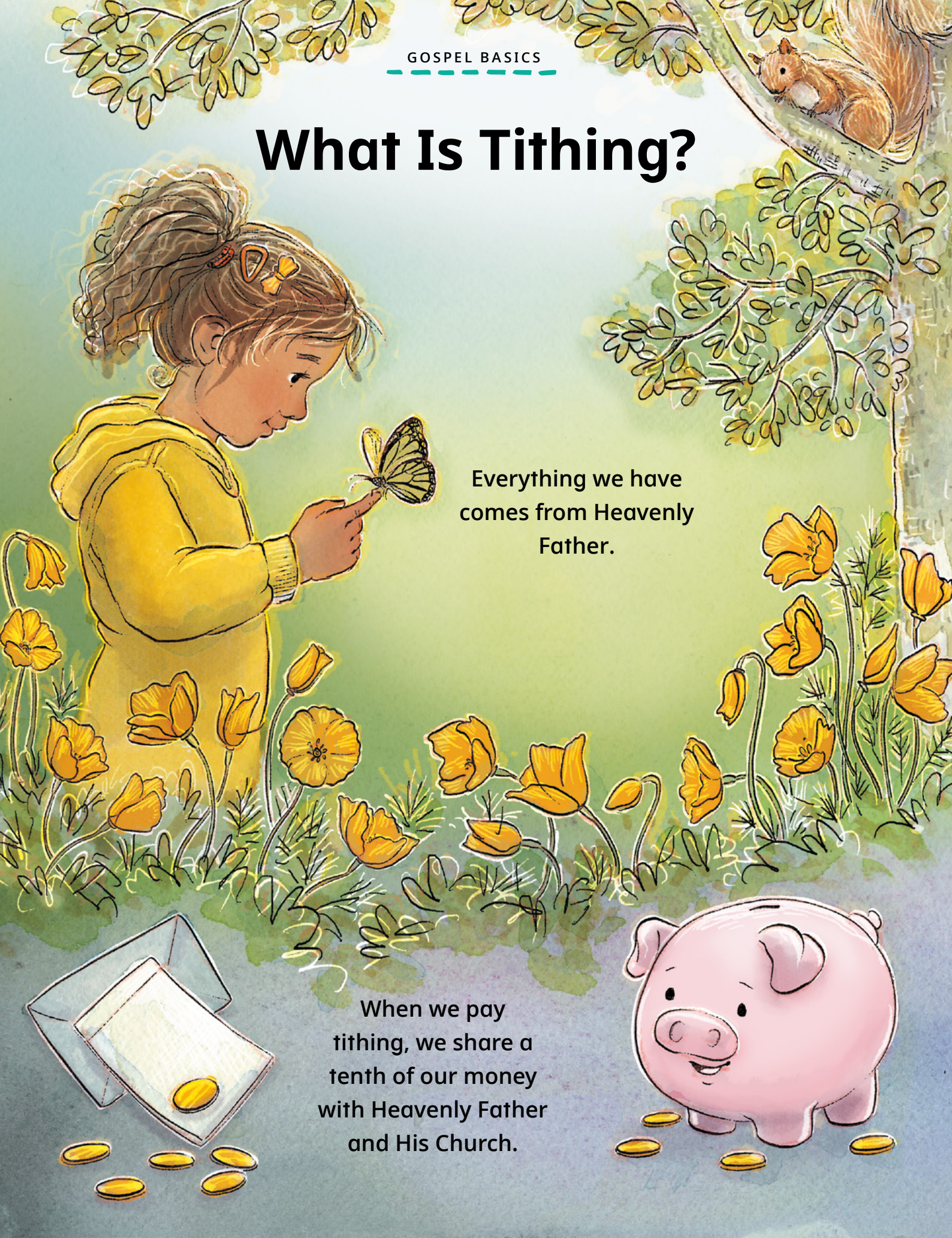
For each finger on your right hand,
name one person who loves you.




What Is Tithing?

A young girl with brown hair in a ponytail, wearing a yellow hoodie, is looking at a monarch butterfly on her finger. She is standing in a field of yellow flowers. In the background, there is a tree with a squirrel in a nest. The scene is bright and colorful.

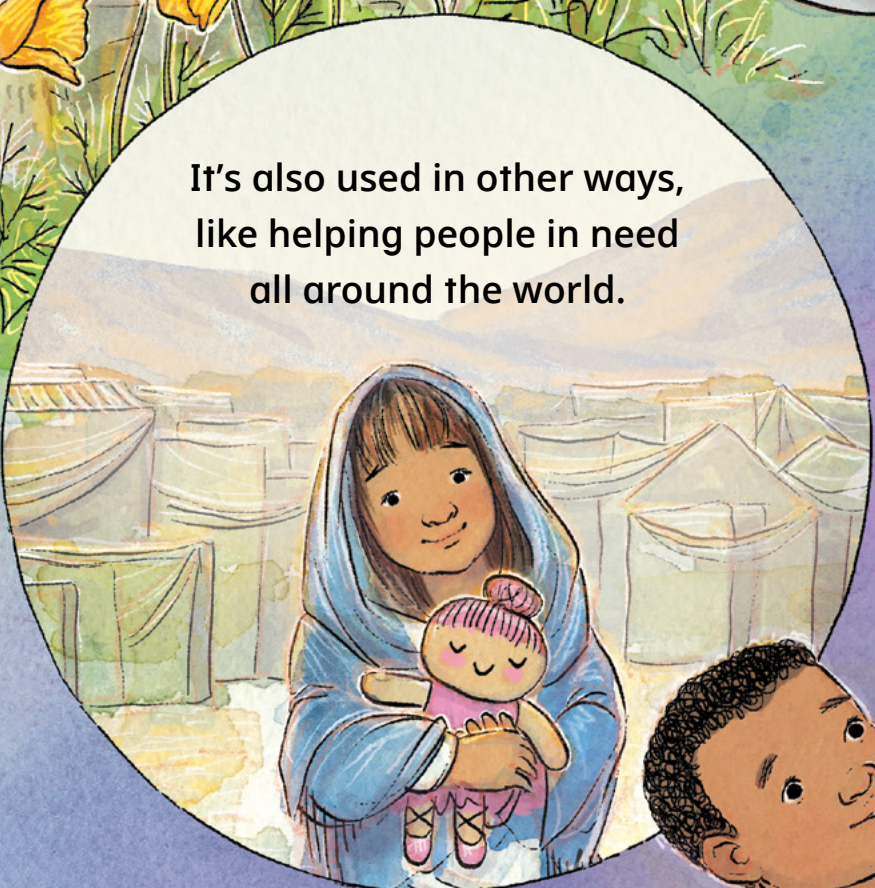
Everything we have
comes from Heavenly
Father.

An open envelope is shown on the left, with several gold coins scattered around it. On the right, there is a pink piggy bank with a smiling face, also surrounded by gold coins.

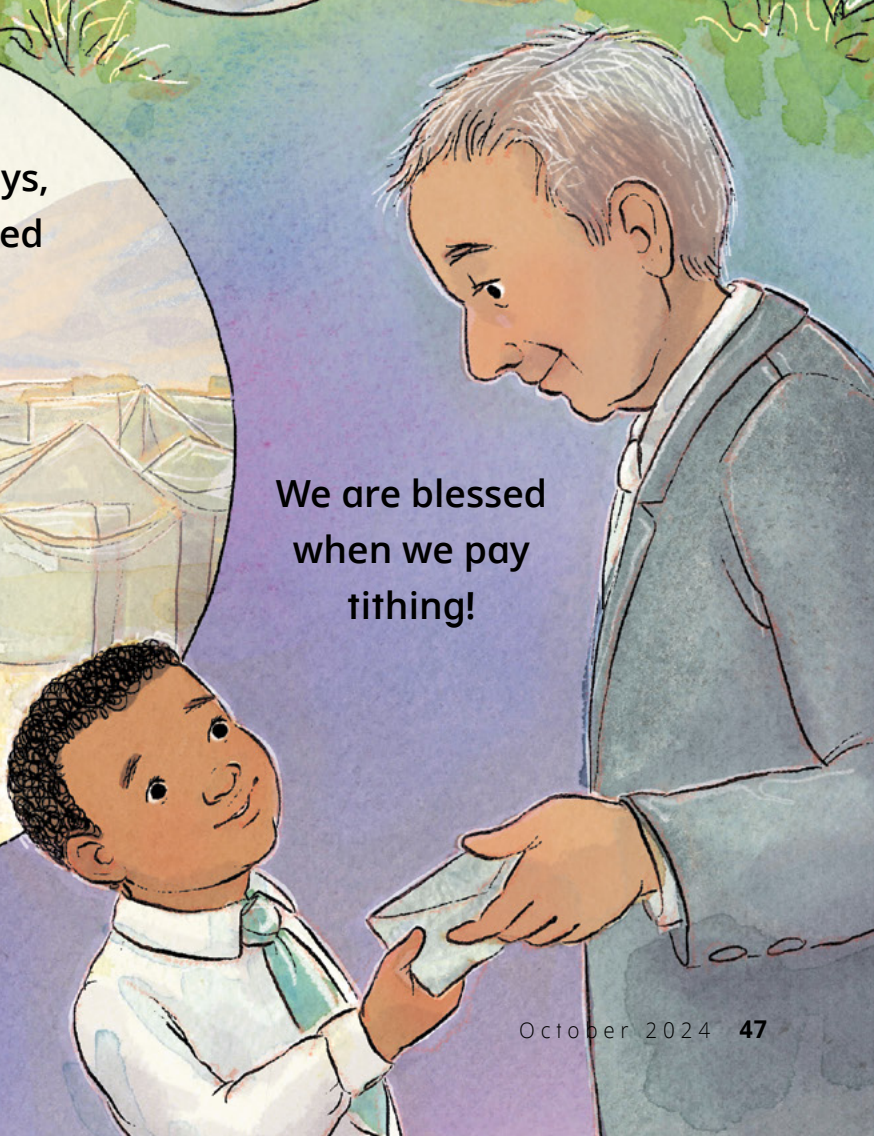
When we pay
tithing, we share a
tenth of our money
with Heavenly Father
and His Church.

A woman wearing a yellow hard hat and safety glasses is looking at a large blueprint. She is standing in a field of yellow flowers. In the background, there is a construction site with a crane and a building under construction.

One way tithing is used
is to build temples and
church buildings.

A woman wearing a blue headscarf is holding a baby. They are in a settlement with many tents. The scene is shown in a circular inset.

It's also used in other ways,
like helping people in need
all around the world.

An older man in a grey suit is receiving a tithing envelope from a young boy in a white shirt and green tie. The man is smiling and looking at the envelope.

We are blessed
when we pay
tithing!



The Savior Loves Each of Heavenly Father's Children

How do you feel the Savior's love?



BECAUSE OF THY FAITH THOU HAST SEEN (THE BROTHER OF JARED) BY CASEY CHILDS



Dear Parents,

The Lord has commanded us to have our “hearts knit together in unity” (Mosiah 18:21). To do this, we need to respect and include everyone.

With your children, read one of the stories on pages 4, 16, 30, or 40. How did those people show love to others? How can your family do the same?

Love,
The *Friend*



HAPPY, HEALTHY KIDS

Use confident, uplifting language to help your children see your family as a strong team (see page 34). Show them how you can work together to do hard things!



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

The following information and permission must be included:

First and last name		
Age	Boy / Girl	State / Province / Region, 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	



May the *Friend* contact you with a survey?

 YES NO