

the Friend

Following Jesus Together



We Are All
NEEDED

See pages 3 and 9



Dear Friends,

We all have happy and sad feelings. We all have worries too. On pages 38–39 you can learn about how to take good care of your mind and body. You can also learn what to do when you feel anxious. And on page 36, you can read about a girl who helped someone in her family who was sad. Always remember how important you are to Heavenly Father. And don't forget to ask for help when you need it!

With love,
The Friend

P.S. Write and share about a time when you helped someone who was sad. You are very important to us!

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CONTENTS

Come, Follow Me	6–8, 46–49
Messages from Our Leaders.....	2, 22, 32
Stories	4, 10, 12, 20, 28
Following Jesus in the USA	16–19
For Older Kids.....	35–42
For Little Friends.....	43–49
Activities	14, 15, 23, 33

Find 3 Hidden Finnish CTR Rings

Hard: Mom's helper.

Harder: Thirsty? Drink up!

Hardest: Lunch time, fun time!



Front cover by Audrey Day

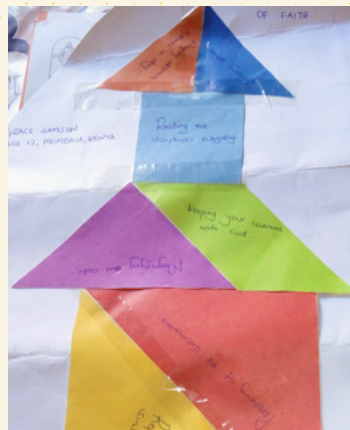
Friends by Mail

Where I Read the *Friend*



Audrey and Wesley F., ages 3 and 5, read the *Friend* in English in New South Wales, Australia.

Building Blocks of Faith



Grace S., age 12, from Mombasa, Kenya, did the "Building Blocks of Faith" activity (June 2022). She reads the scriptures each day to help her faith grow.

I Love to See the Temple



Daniel S., age 6, visited the Rio de Janeiro Brazil Temple.

Women of Faith



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

The most important teachers I've had in my life have been women. When I was young, my father died, and my mother became very ill when she was studying at a university. My grandmother was like another mother to me, even after my mother got better. Both of them taught me about the gospel, service, and family responsibilities.

My faith in the Lord came almost entirely from them.

My wife June was also a wonderful companion and teacher for me. After June died, I married my wife Kristen. She has had a great influence in my life.

I will always be grateful for the faithful examples and teachings of these women. ●



Chasty O. Harris

She was President Oaks's grandmother. Her grandparents came to Utah as pioneers. She helped care for her children and grandchildren during times of hardship.



Stella H. Oaks

She was President Oaks's mother. She was a teacher and leader and helped many adults graduate from high school. She was also an assistant mayor in her city.



June D. Oaks

She married President Oaks in 1952. They had six children. She loved art and helped share it in their city. In 1998 she got sick and passed away.



Kristen M. Oaks

She and President Oaks married in 2000. She was a missionary and taught reading. She also wrote several children's books.

All Are Needed

How can you
show respect for
girls and women
and for boys
and men?

"In the eyes of God, whether in the Church or in the family,
women and men are equal, but with different responsibilities."

President Dallin H. Oaks, "The Keys and Authority of the Priesthood," *Liahona*, May 2014, 52.

Building RESPECT

By Noelle Lambert Barrus

(Based on a true story)

This story took place in Australia.

Noah helped his sister Claire hang a fuzzy blanket over the chairs.

"Should we put this one here?" he asked. He held up the blue blanket with the whales on it.

"Yeah! And we can use this as the door." Claire pointed to one side of the fort.

"Time for school!" Mom called.

Noah looked at his sister. "Maybe we can finish our fort after school?"

"And we can ask Mom and Dad if we can play games inside it," Claire said.

Noah smiled and nodded. He was glad he could build forts and play with his big sister!

That day at recess, Noah played with his friends Ty and Mark.

"Let's hop on one foot," Ty said.

"OK," said Noah. "Let's see who can hop the longest!"

The boys started hopping. Noah laughed when he crashed into Mark.

Just then, Claire walked by with some girls from her class.

"Hi," Claire said, waving.

"Oh no. Girls are coming! We don't want

*Don't
say that,
please.*





to play with *them*,” Ty said. Then he called Claire and her friends a mean name.

Noah didn’t like how the words made him feel. It wasn’t nice to call people mean names.

He watched Claire and her friends ignore Ty and walk away.

Noah thought he should stand up for Claire, even if she didn’t really need him to. She was his sister, and he loved her.

Noah took a deep breath. “Hey, don’t say that, please,” he told Ty. “She doesn’t like it when you say that. And I don’t either.”

“OK. Fine,” Ty said with a shrug.

Noah sighed. He felt a lot better now.

That night, Noah and Claire played games in their fort with Mom and Dad.

“How was school today?” Dad asked as he put a card on the pile.

“Today during recess, Ty called Claire a mean name,” Noah said. “I told him to stop.”

Claire looked up from her cards. “You did?” she asked.

Noah nodded. “Yeah. I knew what he said wasn’t kind or true.”

Mom, Dad, and Claire smiled.

“Thanks,” Claire said.

“I’m glad you showed respect for your sister,” said Mom.

“Yeah, that was very brave,” Dad said. “It’s important to show respect for each other. Even if we have to stand up to our friends.”

Noah smiled back. He felt good knowing he had done the right thing. ●

Act out the story! What would you say if a friend called someone a mean name?



COME, FOLLOW ME ACTIVITIES

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

Move Your Body

FOR 1 CORINTHIANS 8–13

STORY: We are all different, and God loves each of us. The Church needs all of us, just like we need each part of our body (see 1 Corinthians 12:12–18).

SONG: “I Have Two Little Hands” (*Children’s Songbook*, 272)

ACTIVITY: Have a family dance party! Turn on some happy music and move your body to the songs. How do the parts of your body work together? How can you use your body to help others?



We Will Live Again

FOR 1 CORINTHIANS 14–16

STORY: Jesus Christ was resurrected. Because He rose from the dead, we all will live again after we die (see 1 Corinthians 15:20–22).

SONG: “I Know That My Redeemer Lives” (*Hymns*, no. 136)

ACTIVITY: Read the story about Jesus on page 24. Then draw a picture of yourself with your family and Jesus.



Shining Bright

FOR 2 CORINTHIANS 1-7

STORY: Jesus Christ helps us repent and be forgiven. Because of Him, we can live with Heavenly Father again someday (see 2 Corinthians 5:17-18).

SONG: "Jesus Wants Me for a Sunbeam"
(*Children's Songbook*, 60)

ACTIVITY: Draw a sun on paper or outside with sidewalk chalk. Place "clouds" (like rocks or cotton balls) on your sun. Talk about a time you repented and felt better. Then remove the clouds one by one until your sun is shining brightly!



A Cheerful Helper

FOR 2 CORINTHIANS 8-13

STORY: Paul taught that we can help our neighbor (see 2 Corinthians 9:6-7). As we serve cheerfully, we can help others feel God's love!

SONG: "When We're Helping"
(*Children's Songbook*, 198)

ACTIVITY: On slips of paper, write down the names of people who might need your help. Then write how you can help each person. Put the papers in a hat or basket and shake them up. Choose one and do what it says!

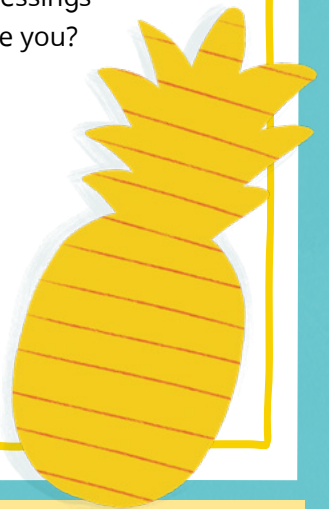
Fruits of the Spirit

FOR GALATIANS

STORY: When we keep the commandments and listen to the Holy Ghost, we receive blessings in our lives. Paul called these blessings "the fruit of the Spirit" (Galatians 5:22-23).

SONG: "The Still Small Voice"
(*Children's Songbook*, 106-7)

ACTIVITY: Turn to page 8 and do the activity to learn more about the fruits of the Spirit. What other blessings does the Holy Ghost give you?



Turn to page 49 for activities for young children.

FRUITS OF THE SPIRIT

The Holy Ghost gives us good feelings when we follow Jesus Christ. Paul called these blessings the fruits of the Spirit. We can share those blessings with others.

1. On each fruit, write one blessing of the Spirit listed in Galatians 5:22–23 (for example, love, joy, peace, or gentleness).
2. On the other lines, write something you can do to share that blessing with others.



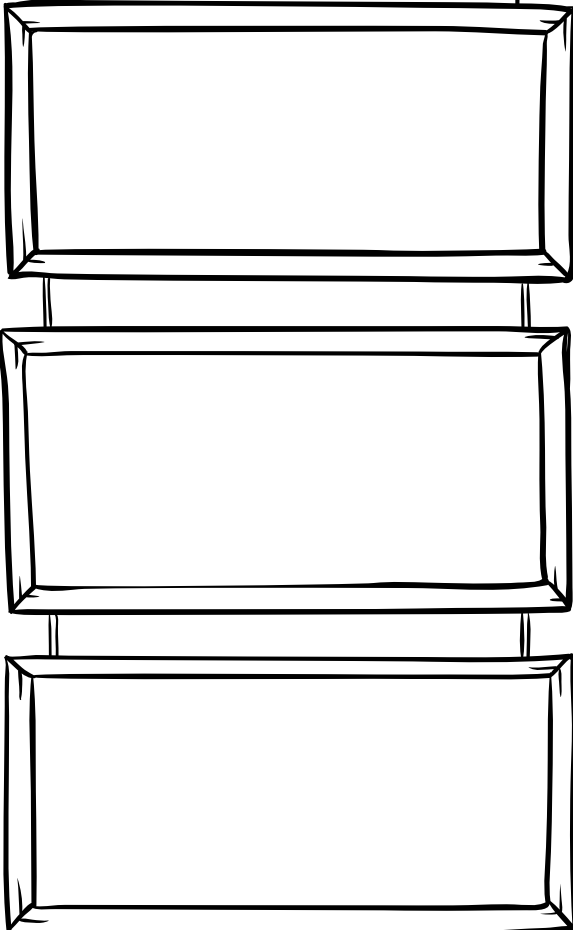
LOVE

I can say nice things to my friends to show them love.

HELPING EACH OTHER

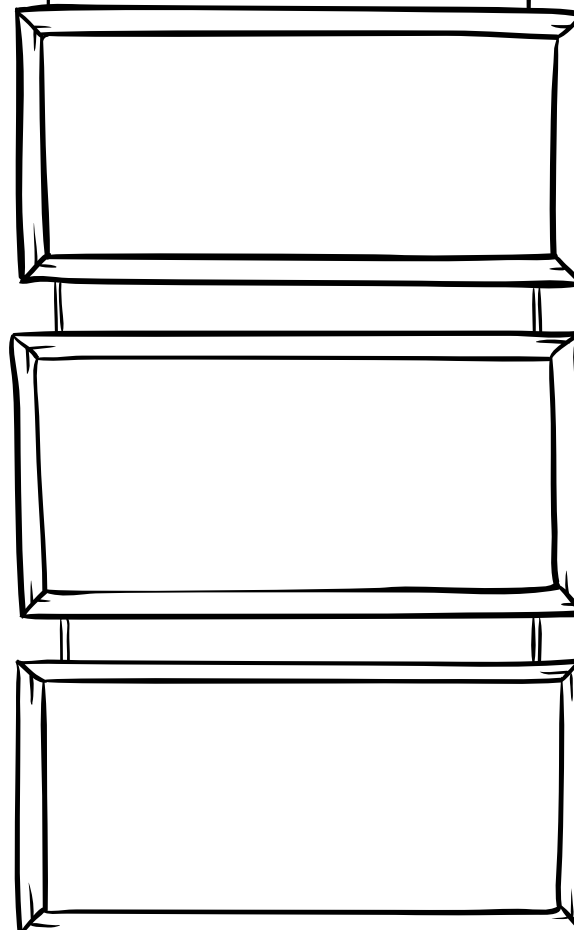
We all need help following Jesus, and we all can help other people too.
Draw or list people who help you and people you can help!

**People Who Help Me
Follow Jesus Christ**



This section contains three empty rectangular boxes, each with a 3D effect, stacked vertically. They are intended for the user to draw or list people who help them follow Jesus Christ.

People I Can Help



This section contains three empty rectangular boxes, each with a 3D effect, stacked vertically. They are intended for the user to draw or list people they can help.

*Heavenly Father has wonderful blessings for
you all along your path back to Him!*

By Gretchen Picklesimer Kinney
(Based on a true story)

This story took place in Scotland.

Shiloh finished coloring her drawing and put her crayon down on her desk. "There!"

"What's that?" her friend Lacey asked.

"It's the cake I'm making for the school contest." Shiloh held up the picture for Lacey to see.

"It looks really cool!" Lacey said.

"Thanks!" Shiloh grinned. Her cake was going to be perfect. She had it all planned out. The cake would have four layers. Two layers would be blue, and two would be red—the same colors as the flag for the United Kingdom. She'd put white frosting between each layer. Finally, she would put her best homemade cookies on top! She was sure she'd get first place.

"What are you going to bake?" Shiloh asked.

"I'm not sure yet," Lacey said. "Maybe a cake too."

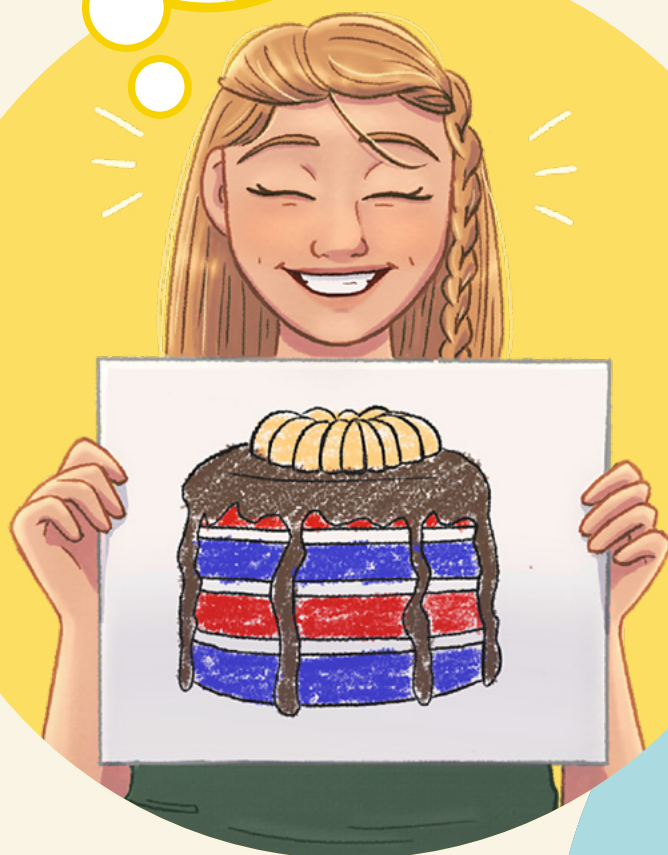
"I can't wait to see what you make," Shiloh said.

THE CAKE MISTAKE

As soon as she got home, Shiloh was ready to start baking. She put her cake drawing on the counter so she could look at it while she worked.

Shiloh carefully measured all the ingredients. She mixed them up and poured the batter into the cake pan. Then she put the pan in the oven to bake the first cake layer.

When the timer went off, Shiloh took the cake out of the oven. She tried to take the cake out of the pan. But when she



*Shiloh wanted
her cake to look
perfect.*

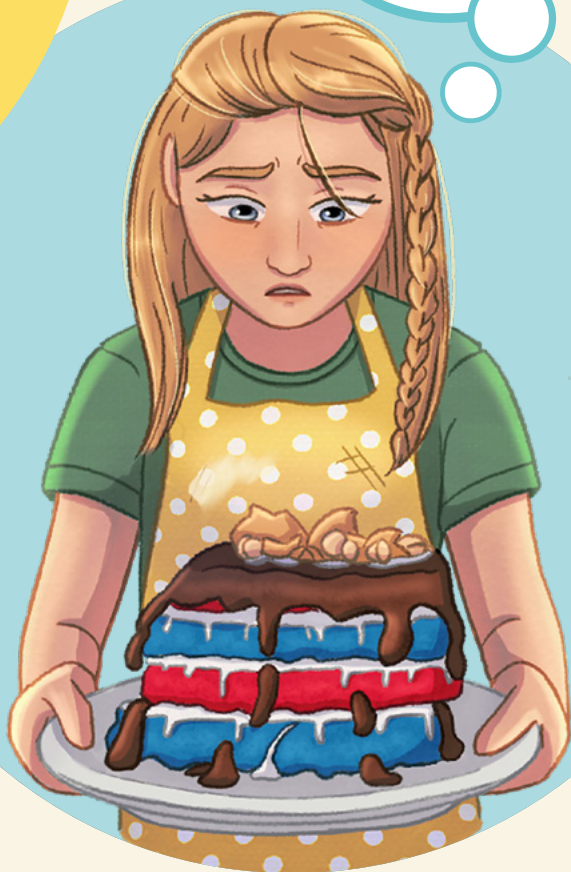
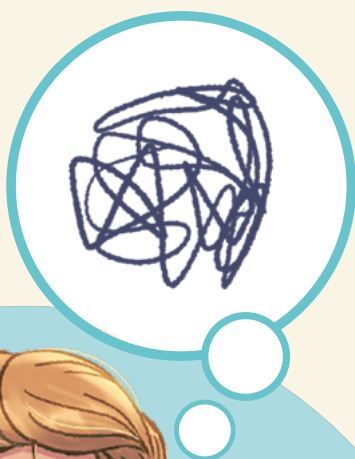
flipped it over, half of the cake was stuck to the bottom!

"Oh no!" Shiloh cried. She showed the broken cake to Mum. "My cake is ruined!"

Mum patted Shiloh's back. "It's OK. We can fix it."

Mum helped Shiloh take out the rest of the cake. They carefully pushed the broken pieces together.

"There," Mum said. "You can't even tell it broke."



Shiloh felt a little better. She could still make the rest of the cake look perfect. She started making the next layer. This time, Shiloh let the cake cool before taking it out of the pan. It didn't break!

When all the layers of cake were done, Shiloh stacked them. She put frosting between each layer. Then she carefully placed a few homemade cookies on the top of the cake. Done!

But Shiloh frowned. The cake didn't look anything like her drawing. The frosting was dripping off, the layers were crooked, and the whole cake leaned to one side. What a mess! Shiloh started to cry.

"What's wrong?" Mum asked.

"I wanted the cake to look perfect! Now it's all gone wrong!" Shiloh wiped a tear from her face.

Mum gave Shiloh a hug. "I think your cake looks pretty. And I bet it will taste even better!"

Shiloh shook her head. "I should just throw it away. I'm going to get last place now!"

"Would it help if I said a prayer?" Mum asked.

Shiloh nodded.

"Dear Heavenly Father," Mum said, "I'm so grateful for Shiloh and for all her hard work to make this cake. Please help her feel happy with what she has been able to do. In the name of Jesus Christ, amen."

Shiloh felt calmer. She looked at her cake again. Maybe it didn't look just like her drawing, but it still looked OK. And she'd had fun making it.

The next day at school, Shiloh looked around at all the other desserts kids had made. She didn't think she would get a prize. The other cakes looked amazing.

But when the winners were announced, Shiloh got second place! And Lacey got first place!

Lacey ran to Shiloh and gave her a hug. "We both won!"

Shiloh smiled. Even if she hadn't won, she would be glad she had kept trying. ●

The Dinner Guest

Johne was excited to learn about another Apostle.



By Diana Evelyn Nielson

(Based on a true story)

This story took place in Guam.

Johne watched his foster mom set the table. She taped a photo of Elder Dieter F. Uchtdorf to an extra chair, along with a cartoon picture of an airplane.

"Time for dinner!" Mom called.

Johne's foster sister, Lydia, jumped up from the couch. "I'm so hungry!"

"Me too," Johnne said.

Mom pushed Johnne's wheelchair up to the table and sat next to him. Dad and Lydia sat down at the table too. Johnne loved it when they were all home for dinner.

Dad said the prayer on the food, and Mom passed around the chicken and rice. "We're going to learn about one of the Apostles tonight," she said. She pointed to the photo on the chair. "Does anyone know who he is?"

"That's Elder Uchtdorf," Johnne said.

Dad nodded. "I chose him to be tonight's guest."

"Can I choose tomorrow?" Lydia asked.

"Sure," Mom said.

Johne was excited to learn about Elder Uchtdorf. General conference was in two weeks, and Johnne's foster family had a great tradition to prepare for it. Each night, they chose an Apostle to learn about. Mom taped a picture of the Apostle to a chair. Then she told the family facts about him and stories about his childhood.

"What do you know about Elder Uchtdorf?" Dad asked.

"Oh, I know!" Lydia said. "He flew airplanes!" She pointed to the airplane picture on the chair.

"That's right," Mom said. "Before he was called as an Apostle, he was an airplane pilot in Germany."

Johne made a flying motion with his hand and made an airplane noise. "Fwoosh!"

"Elder Uchtdorf joined the Church when he was a child," Dad said. "Just like you did, Johnne."

Johne looked at the photo. It was hard to imagine Elder Uchtdorf as a kid just like him!

"And he had a special job at church on Sundays," Mom said. "The organ needed to have air pumped into it so it could work. During the songs, he helped pump the air for the organ to play the hymns."

"I bet it was hard work," Dad said. "But he loved the music. His favorite song was 'Jesus Wants Me for a Sunbeam.'"

Lydia grinned. "That's my favorite song too!"

"Elder Uchtdorf is a lot like us," Mom said. "And in just a few weeks, we'll get to listen to him speak to the whole Church. He'll share a message that Jesus Christ wants us all to hear!"

After dinner, Mom took the photo off the chair. She taped it onto the wall next to the photos of the other Apostles. They would leave the photos up until general conference to help them recognize the speakers.

Johne helped Dad with the dishes. Dad washed them, and Johnne dried them. As he worked, he smiled at the pictures on the wall.

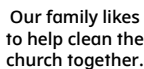
Johne loved learning about the Apostles! He couldn't wait to hear from them at conference. ●

WHAT ARE FOSTER FAMILIES?

When children don't have parents who can care for them, they sometimes live with another family called a foster family. Foster families take care of the children and help them feel loved.



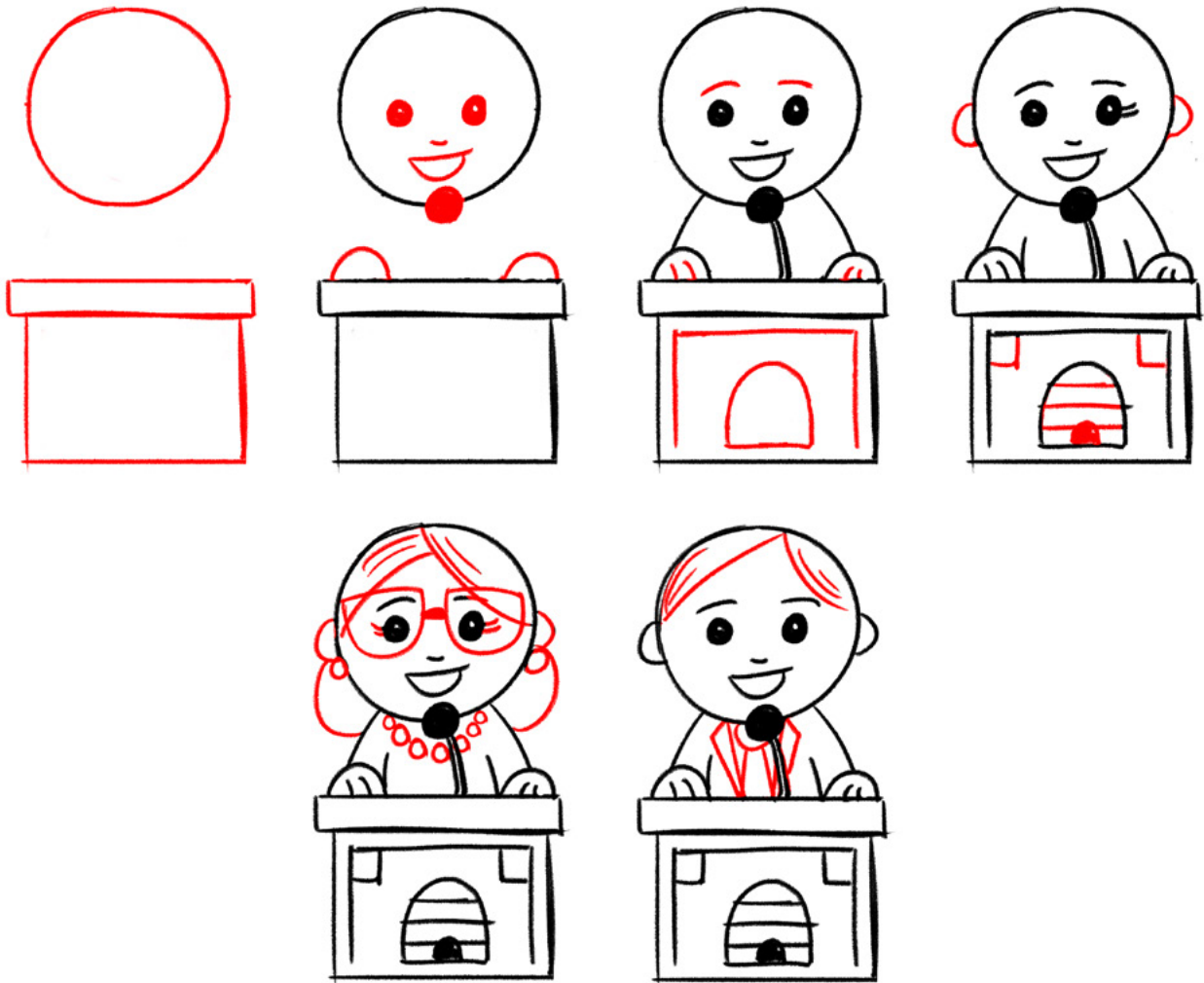
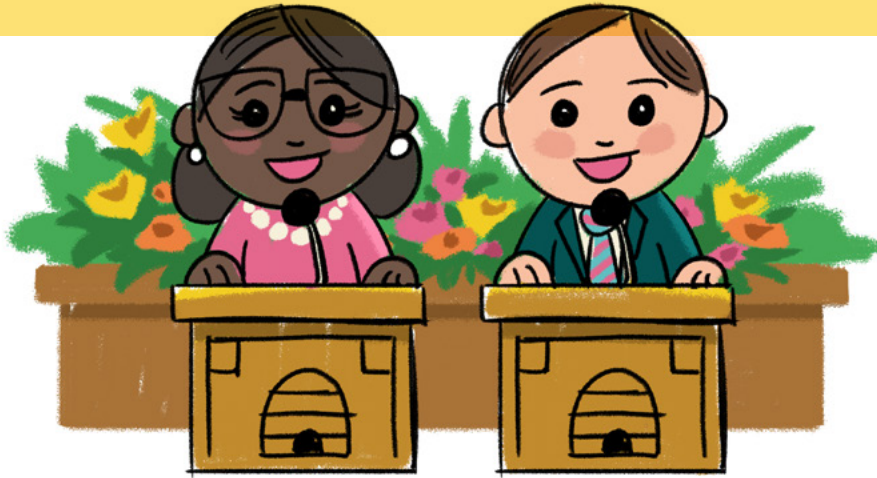
This family is serving together in a garden to grow food for others. Can you find the hidden items?



How does
your family
help?

How to Draw

Next month is general conference! Learn how to draw the pulpit and speaker.



Following Jesus in THE USA



About Laksmi

AGE: 9

FROM: Born in Cambodia, moved to Hawaii, and now living in Utah, USA

LANGUAGES: Khmer, English

GOALS AND DREAMS:

1) Be a police officer. 2) Be an artist. 3) Own a spa.

FAMILY: Laksmi, Mom, Dad, and younger sister

MEET
LAKSMI!





How Laksmi Follows Jesus

Laksmi and her family moved to the USA from Cambodia. Laksmi follows Jesus Christ by showing kindness to her family. One of her favorite things is to help take care of her little sister, Rhianna. Laksmi plays with her. They eat ice cream together. And sometimes Laksmi even changes her diaper. "I help her because I love her," Laksmi says. "Jesus said we should love each other." ●

Laksmi's Favorites

SCRIPTURE STORY: Lehi's family following the Liahona



PLACE: The Laie Hawaii Temple grounds



FRUIT AND VEGETABLE:
Strawberries and broccoli



COLOR:
All the colors of the rainbow



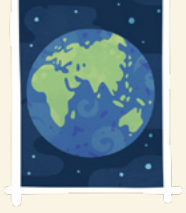
SUBJECT IN SCHOOL:
Math



You Can Follow Jesus Too!

There are many ways to follow Jesus. How do you follow Him? Write and tell us!





Hello from THE USA!

Laksmi lived in Hawaii and now lives in Utah. Here are some facts about those two states.



The United States of America is a country mainly in North America. Around 300 million people live there.

PIONEERS FROM AROUND THE WORLD



The USA has families from all over the world. In the 1800s, most of the Latter-day Saint pioneers who traveled to Utah were from other countries.

TWO BEAUTIFUL TEMPLES



The Salt Lake Temple was the first temple the pioneers started to build in Utah. It took 40 years to finish!

The Laie Hawaii Temple was the first temple built outside of Utah after the Saints moved west.



NATIONAL PARKS

The USA has 63 national parks. Arches National Park is in the deserts of Utah and has 2,000 sandstone arches. Haleakalā National Park is in Hawaii and has a volcano.



ACTIVITY

HOW LOW CAN YOU GO?

This game is played at big parties called luaus in Hawaii. To play, have two people hold each end of a stick up high. The others take turns bending backward and walking under the stick. If they touch the stick, they are out. After everyone has had a turn, lower the stick a little and go again. Repeat until there is only one player left in the game!



A FRIENDLY STATE



Hawaii is called the Aloha State. That's because *aloha* means "hello." Hawaiians are known for being friendly.

A FABULOUS FRUIT



About 10 percent of the world's pineapples grow in Hawaii. Pineapples represent welcoming and hospitality.

GRILLED PINEAPPLE

RECIPE

1. Peel and cut **1 fresh pineapple** into rings.
2. Put pineapple in a large plastic bag with **3 tablespoons melted butter**, **1/4 cup honey**, **1/2 teaspoon salt**, and **a bit of hot pepper sauce**. Seal the bag and shake it. Let it sit for 30 minutes.
3. Cook each ring in a grill pan or on an outdoor grill for 2–3 minutes on each side.

Be sure to get an adult's help!



COOL GLASS OF WATER

HEALTHY TIP

Your body is 60 percent water. It is important to drink lots of water each day to stay healthy, even when you're playing inside.



This story took place in Guatemala.

Alejandra sighed in relief. She had just finished singing her solo in the music room for her teacher. All her weeks of practice had been worth it! She didn't even struggle with the tricky part.

"What a beautiful voice!" Ms. Pérez, the school music teacher, stood and clapped. "You can move on to the next round in the talent contest."

Alejandra was thrilled! In this contest, students from several schools would sing, dance, or play an instrument to compete and win prizes. Ms. Pérez was the judge who chose who got to stay in the contest. And now Alejandra had passed to the next round!

"You need to pass two more rounds of auditions," Ms. Pérez said. "If you do, you can enter the final contest. It's on a Sunday later this month."

Alejandra's joy disappeared as quickly as it came. She felt like there was a heavy weight in her stomach.

She knew Sunday was a day to go to church and learn about Jesus Christ. It

was a day to take the sacrament. It was a day to rest and be with family.

"Sunday?" she asked. "I don't know if I can."

"If you can't be there for the last day, then you can't be in the contest. I know you would do well if you entered, but it's your choice. Think about it over the weekend and let me know on Monday."

The next day, Alejandra kept thinking about what to do. She always went to church with her family on Sunday. But did she really have to be there every week? It wasn't *that* bad if she missed church just once, was it?

At bedtime she talked to Papá about what she should do. "Should I sing in the contest or go to church?" she asked.

Singing on

It wasn't that bad if Alejandra missed church just once, was it?



"The Sabbath is a day we give to God." Papá pulled her blanket up to her chin and sat next to her on the bed. "We have six days for ourselves. God asks for only one day. But I can't make this choice for you."

The next day at church, Alejandra and all her Primary friends got to sing "A Child's Prayer" in front of the whole ward. They had been working on this song for a long time!

Alejandra sang with her whole heart. The music made her forget about the hard decision she had to make tomorrow. When they finished the song, she proudly walked back to sit with her family.

Mamá gave her a hug. "You sang beautifully!"

"We're so proud of you," Papá said. "Sharing your talent showed your testimony and faith in God."

Alejandra was happy to use her talents to sing Primary songs. She knew it made her family happy too.

Then Alejandra thought of something. If today had been the contest, she would have missed the chance to sing about Heavenly Father. What would she miss if she didn't come to church on the contest day? She wouldn't be able to sing her testimony in Primary with her friends. And she would miss the sacrament.

On Monday, Alejandra knew what she had to do. She went to the music room to talk to her teacher.

"Thank you for the opportunity," she said. "But I don't want to be in the talent contest if I have to do it on Sunday."

Ms. Pérez put down the sheet music she was looking at and frowned. "Are you sure you want to miss out on the contest?"

"Yes, I'm sure." Alejandra was proud of her decision. It was hard to make, but she knew it was the right choice. "I'll miss something even more important if I go." ●

Sunday





By Elder Gary E. Stevenson
Of the Quorum of the Twelve Apostles

What Is a Testimony?

A testimony is a belief or knowledge of truth.



A testimony comes from the Holy Ghost. He can quietly tell you what is true.



Your testimony can include knowing that God is our Heavenly Father and that Jesus Christ is our Savior.



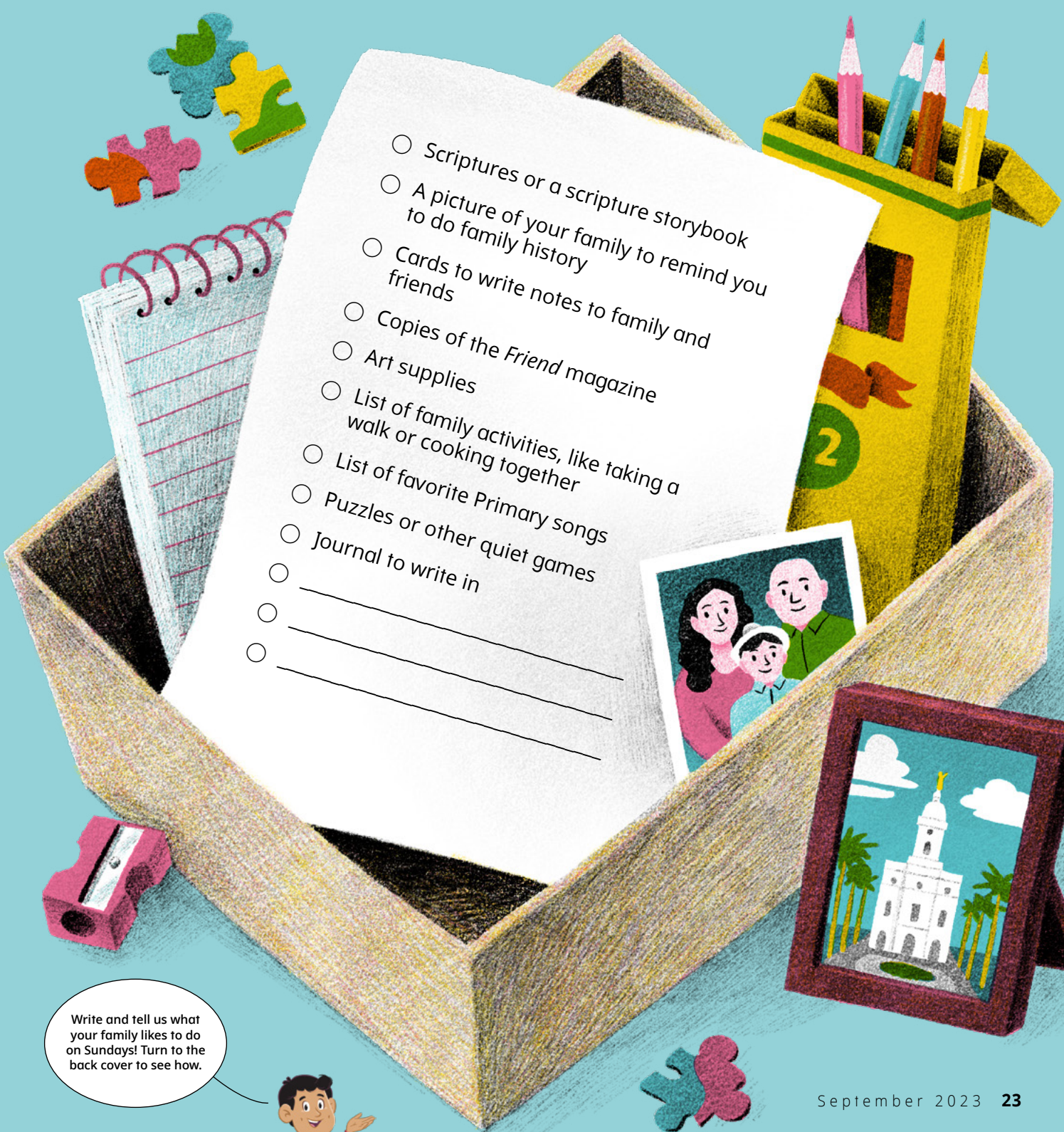
It is something you can share anytime.



Adapted from "Nourishing and Bearing Your Testimony," *Liahona*, Nov. 2022, 111–114.

MAKE A SUNDAY BOX

Sunday is a special day to focus on Heavenly Father, Jesus Christ, and family. Create a box of activities that can help you keep the Sabbath day holy. How many items can you gather for your box? Add your own ideas too!

- 
- ☐ Scriptures or a scripture storybook
 - ☐ A picture of your family to remind you to do family history
 - ☐ Cards to write notes to family and friends
 - ☐ Copies of the *Friend* magazine
 - ☐ Art supplies
 - ☐ List of family activities, like taking a walk or cooking together
 - ☐ List of favorite Primary songs
 - ☐ Puzzles or other quiet games
 - ☐ Journal to write in
 - ☐ _____
 - ☐ _____
 - ☐ _____

Write and tell us what your family likes to do on Sundays! Turn to the back cover to see how.





Jesus Was Resurrected

The third day after Jesus Christ died, Mary Magdalene went to His tomb. The stone was rolled away. He was gone!

Mary started to cry. She thought someone had taken His body. Then she heard a voice behind her. A man said, “Woman, why weepest thou?”

Mary thought the man was the gardener. She asked where Jesus’s body was.

“Mary,” the voice said. This time Mary knew the man. It wasn’t the gardener. It was Jesus! He had been resurrected. He told Mary to tell the other disciples that He was alive again.

Jesus Christ lives today. Because of Him, all of us will be resurrected too. ●

Remove this page and fold it in half. Then hold the picture up while you tell the story.



You can read this story in John 20.



Following Jesus Together



I helped my friend who uses a wheelchair move around the schoolyard. I felt that I helped like Jesus would because He always served others.

Paula L., age 8, Chihuahua, Mexico



I attended the Washington D.C. Temple open house. The temple was so beautiful! I met with my bishop to get a recommend so I could attend the rededication. It was very special and holy.

Soren B., age 11, Maryland, USA



My family was sealed in the temple. We were all dressed in white. Each moment in the temple was special. We are happy to be an eternal family.

Johnny T., age 10, Tahiti, French Polynesia



I have had many surgeries because I was born with hemi-facial microsomia. It means half of my face is smaller than the other. I have learned from my challenges that Heavenly Father will always help me.

Naiah R., age 12, Nebraska, USA



I am shy around new people. I knew there would be a new girl at a Primary activity. I said hi to her, and we talked for a while. The other girls also helped include her. It was so much fun! Our leaders were

proud of us for helping her feel welcome, and it made me feel good.

Taylor W., age 10, Alberta, Canada



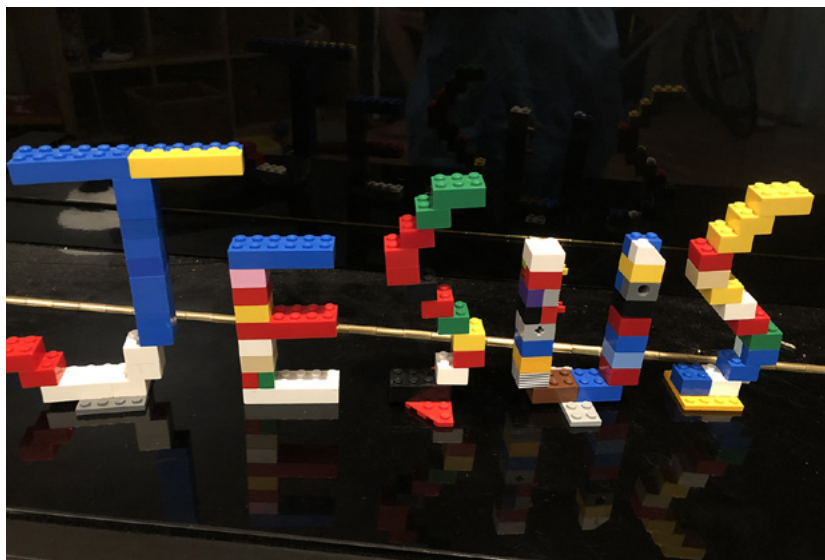
I forgot to study for a religion test at school. I was nervous and felt I should say a prayer. When I read the first and second questions, they were about a topic I learned at Primary! I know Heavenly Father answers

our prayers and listens to us.

Mateo Q., age 10, Cusco, Peru



"Nephi," Archie W., age 9, Central Region, Portugal



"Jesus," Aaron F., age 9, Maryland, USA



"Trust in Me," Emma N., age 7, Wisconsin, USA



Koharu M., age 8, Aichi, Japan



Nika T., age 9, Texas, USA



"Seeds of Faith," Kaleb C., age 11, Utah, USA

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

The Best Present



By Gayle Kinney-Cornelius
(Based on a true story)

This story took place in the USA.

Josiah was excited. Today was Daddy's birthday! Mama put colorful streamers in the kitchen. She made a special birthday cake too.

"We should give him presents," Josiah said.

"Yeah!" said his little sister, Madeline. "But what?"

"I have an idea." Josiah went to the shed. He took a few pieces of wood and glued them together to make a tiny bench.

"I picked Daddy some flowers from his garden!" Madeline held up the flowers. "Do

you think he'll like them?"

Josiah nodded yes. "I can't wait for him to see his presents!"

That afternoon, Josiah and Madeline sang "Happy Birthday" and ate cake with Daddy.

"Time for presents!" Josiah said. He gave Daddy his gift.

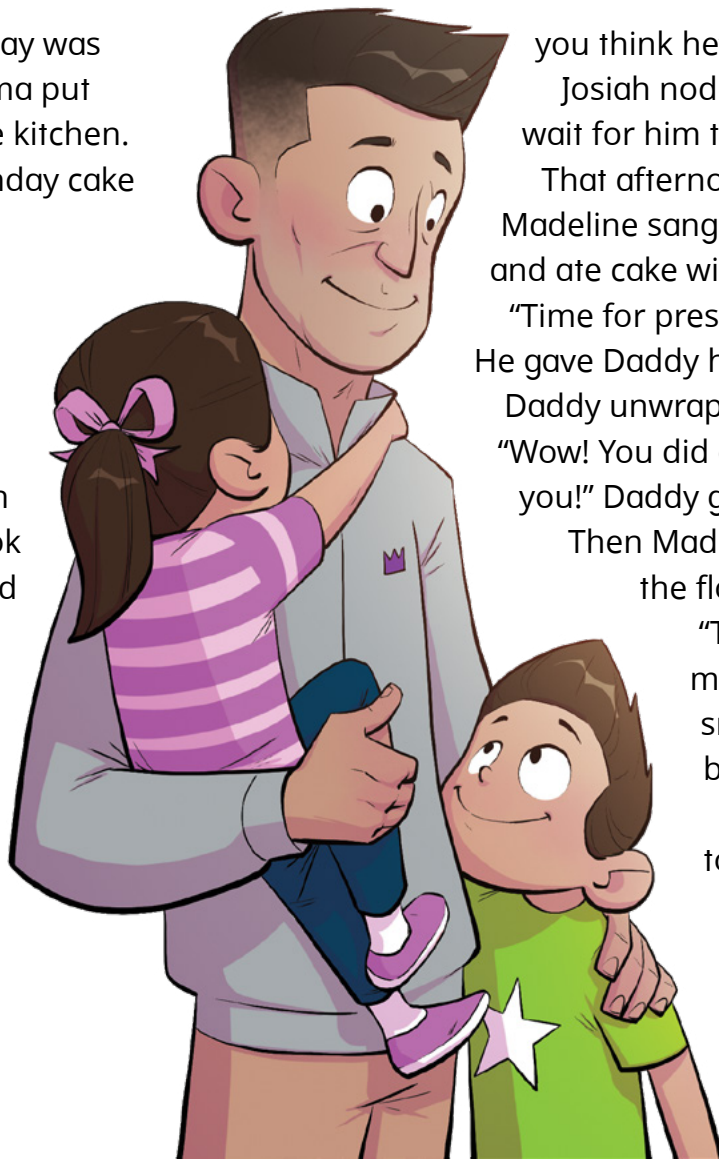
Daddy unwrapped the paper.

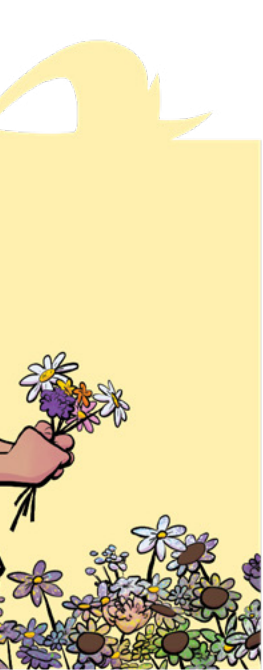
"Wow! You did a great job. Thank you!" Daddy gave Josiah a hug.

Then Madeline gave Daddy the flowers.

"Thank you so much!" Daddy smiled. "These are beautiful."

Soon it was time to clean up. "Josiah,





can you help clear the table?" Mama asked.

"Sure," said Josiah. He grinned and carried the dishes to the sink.

"I can help too," said Madeline.

Daddy smiled big. "I feel so happy when you two are helping and being kind to each other. I know it makes Jesus happy too. That is the best present of all!"

Later Josiah and Madeline played with their toys. Josiah made a tall tower out of building blocks. It was almost as tall as he was! But then Madeline knocked it over.

"Hey!" Josiah said. "You messed up my tower!" He took a toy from Madeline.

"That's mine!" Madeline yelled.

Daddy came over. He was frowning. He reminded them to take turns with their toys.

When Daddy left, Josiah asked, "Did you see Daddy's face? He looked sad."

"Why was he sad?" asked Madeline.

"He said the best present was for us to be kind," Josiah said. "But we forgot."

"Oh," Madeline looked at the floor. "I'm sorry for knocking over your tower."

"It's OK," Josiah said. "Sorry for getting mad. Let's be kind for the rest of the day."

"But what if we forget?" Madeline asked.

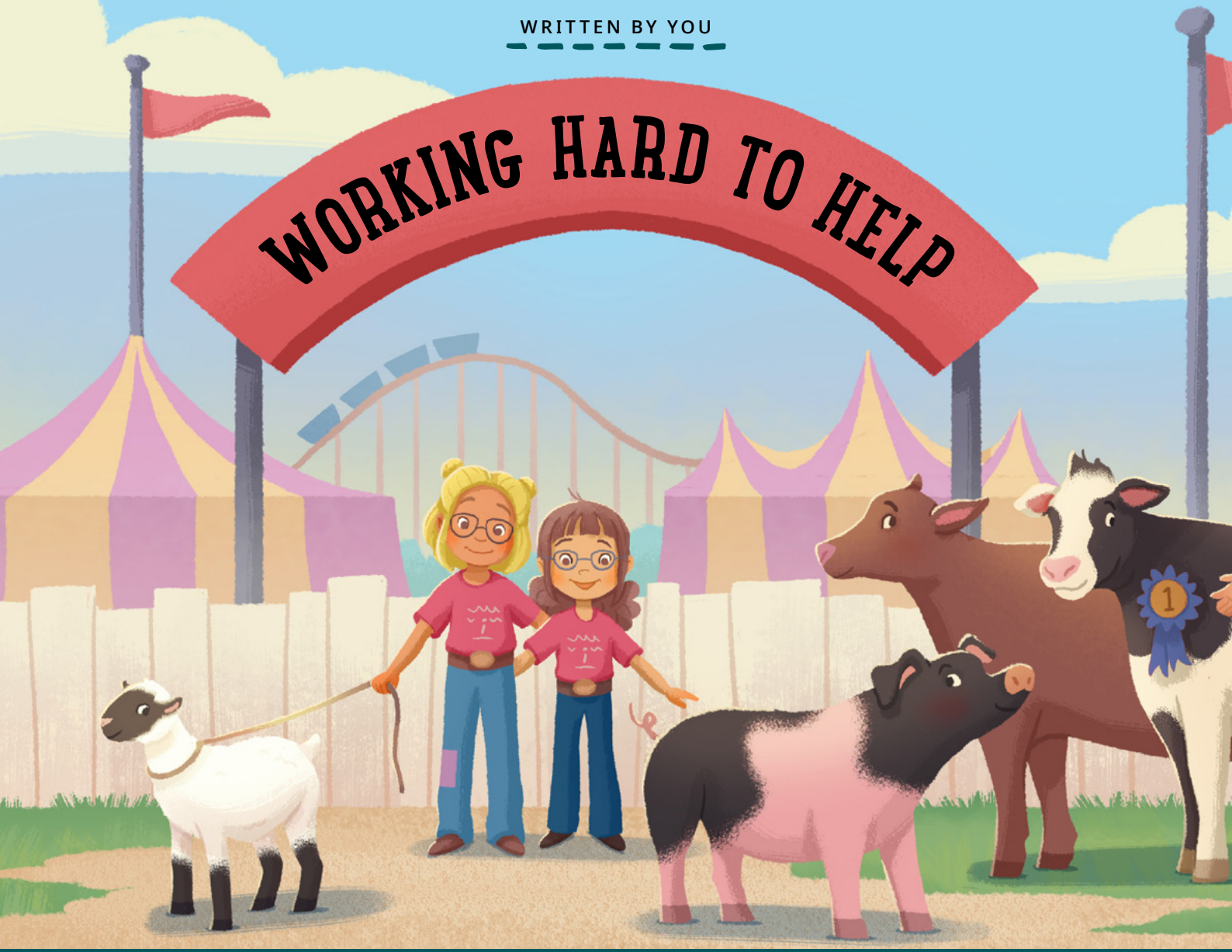
"Then we have to say sorry and try again to be nice," said Josiah.

Josiah and Madeline cleaned up the blocks. Then they played a new game. When Daddy walked by, he smiled.

"I think we did it!" Madeline whispered to Josiah. "We gave Daddy a great present!"

Josiah smiled. "Yeah, we did. And it's a present for Jesus too!" ●

How did Daddy feel when Josiah was kind to Madeline?



By Kynzley and Jayme A., ages 11 and 9, Arizona, USA

Hi! We're Kynzley and Jayme. We did a service project to help a family in our ward. We raised a lamb and a pig and then sold them at our county fair.

Our friends' dad was really sick. He went to see the doctor many times. Their family couldn't go to church for a long time. We missed

our friends in Primary. We wanted to help!

We decided to give the family the money we made when we sold our animals at the county fair. The money could help them pay medical bills.

We worked for nine months on our project. We prayed and fasted

that we would pick good animals to raise. As we raised our lamb and pig, we spent a lot of time planning for the county fair. We made shirts, walked in parades, asked for donations, and helped organize the sale.

On the day of the fair, our animals were healthy and strong. We did a great job showing them at the



livestock show. We were happy we could give the money we made to the family. We ended our project with a fast for them.

Working on this project helped us come closer to Heavenly Father. We learned to trust Him more. We did our best and let Him help us as we listened to the Holy Ghost.

We struggled when our animals did not do what we wanted. But we remembered why we were raising them. We did our best to earn as much money as we could. We relied on the Lord and just worked hard.

We know that Heavenly Father cares about all of us and wants to help us. We are glad that we could help others too! ●



By Sister Tracy Y. Browning

Second Counselor in the
Primary General Presidency

The Lesson of the Pencil

Once I visited some Primary children in Jamaica. I asked them to draw a picture of something they could do that week to show Heavenly Father that they love Him. Two girls were sitting near each other.

The younger girl had just a teeny, little pencil with no eraser. She was struggling to draw her picture. The older girl noticed the younger girl needed help. She handed her own pencil to her. The younger girl smiled, took the pencil, and started drawing.

I watched the older girl wait patiently while the younger girl finished her drawing. Then the younger girl handed the pencil back. They took turns using the pencil without saying any words. The older girl was willing to help, and the younger girl was just so grateful and accepting of that help. They knew they could depend on each other.

When everyone finished their drawings, I told the older girl that I saw her share her pencil. I asked, "Why did you do that?"

She said, "I just saw she needed help."

Then I asked the younger girl, "How did you feel when she helped you?"

She said, "I was so grateful!" It was very sweet.

Sometimes we may wonder how to keep our covenants. We might think that it's a big, complicated thing. But it isn't! I watched a child teach me how to keep covenants by helping others in need.

I testify that as you do those simple things to help and serve others, you are keeping your covenants. And when we keep our covenants, we can feel God's power in our lives. ●

From an interview with Lori Fuller Sosa.



Love for Heavenly Father

Draw a picture of something you can do this week to show your love for Heavenly Father!



MARGO and PAOLO



For Older Kids

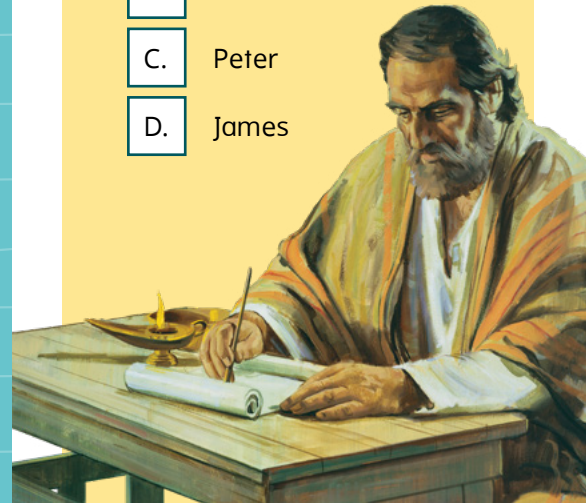
What's Inside:

Lots of Ways to Say "I Love You"	36
Why Do I Feel Anxious?	38
Taking Care of You	39
An Unexpected Solution.....	40
What's Wrong with This Picture?	42

Quick Quiz

Who wrote Corinthians?

- A. Corinth
- B. Paul
- C. Peter
- D. James



Answer: B

Inspiring Words

“LET ALL
YOUR THINGS
BE DONE WITH
CHARITY.”

(1 CORINTHIANS 16:14)



Lots of Ways to Say “I Love You”

How could Trina help her brother?

By Juliann Tenney Doman
(Based on a true story)

This story took place in the USA.

Let's start our family council with a prayer," Trina's dad said.

Trina knelt beside her brothers and sisters while her brother Taylor said the prayer. Then they all sat back down.

"Mom and I want to talk about Adam," Dad said. Trina's brother Adam was a missionary. He left three months ago, and Trina missed him a lot.

"He's coming home from his mission this week," said Mom.

Trina gasped. *Is he OK?* she thought.

"What? How come?" asked Taylor.

"He's been struggling with anxiety and depression," Mom said. "That means he has a lot of worry and sadness that won't go away. He's going to get some help from doctors here, just like he would if he had broken his leg or gotten sick."

Trina didn't know what to say. She had friends whose siblings had come home early from their missions to get help from a doctor. Would Adam be OK?

"We want to do all we can to help Adam. Will you please pray to know how you can serve your brother?" asked Dad.

Trina and her siblings nodded.

"You can ask us any questions and tell us how you're feeling any-time. We sure love you," said Mom. Trina ran to hug her, and the rest of the family joined for a group hug.

Over the next few days, Trina thought about Adam. She prayed about what she could do for him. She thought of times when she felt worried or sad and how much





her family had helped her. But anxiety and depression seemed like pretty big things.

"What can *I* do to help Adam?" Trina asked Mom.

"We can't change what Adam is feeling," Mom said. "But we can support him and show him we care."

"We can love him!" said Trina.

Mom smiled and hugged her. "That's the best thing we can do."

Trina knew there were lots of ways to say "I love you," even without saying it out loud. When her

family did nice things for her or gave her a hug, she knew they loved her. Trina could do that for Adam!

Trina decided she could start showing love for Adam now. She used chalk to write a message for him on the sidewalk. She hid nice notes around the house. She helped her siblings make a sign. It said, "Welcome home, Elder Dawson! We love you!"

The next day Trina's family went to the airport. Trina helped her siblings hold the sign they had made. When Adam walked through the gate, Trina and her family ran to hug him.

"I love you, Adam!" Trina said.

When they got home, Trina took Adam's hand and led him to the sidewalk to see what she had written.

"We are so proud of you, Elder Dawson," read Adam. He looked up at their parents and siblings. "Thanks, everyone." He squeezed Trina's hand.

Adam left to put his suitcase in his room. When he came back, he was smiling. "Does anyone know who's doing all the nice things around our house? I just found a secret note on my pillow." He winked at Trina.

Trina grinned. She couldn't wait to think of more ways to say "I love you"! ●

What Are Anxiety and Depression?

Sometimes people have feelings of worry or fear that won't go away. This is called **anxiety**. They might also feel sadness that won't go away. This is called **depression**. Anxiety and depression are illnesses that affect the mind, like other illnesses affect the body. People who have anxiety or depression can get help from a doctor. We can love them and try to understand and help them. If you are struggling, talk to a trusted grown-up for help.



Why Do I Feel Anxious?

One part of your brain is called the amygdala. Its job is to protect you. But sometimes it works too hard. It can tell your brain there's danger, even when you're safe. That makes you feel anxious. When you feel this way, you can learn to help your brain focus and calm down. Try the steps below.

Countdown to Calm Down



Take

5

slow
breaths.



Slowly count to

4

each time
you breathe
out.



Name

3

things you can
hear, touch, and
see.



Name

2

feelings you
are having.



Talk to

1

adult about
your feelings.

TAKING CARE OF YOU

Heavenly Father loves you and wants *every* part of you to be healthy. That includes your body, spirit, and mind! Try these things to keep yourself healthy. What are some other ideas?

SPIRITUAL



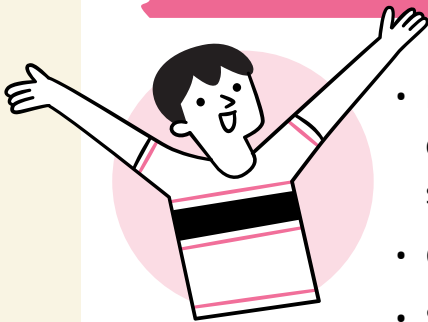
- Read the scriptures and pray every day.
- Listen to Primary songs or other uplifting music.
- List five things you are grateful for.

SOCIAL



- Invite someone to do an activity with you.
- Talk to a friend or family member about your day.
- Do something to help someone.

PHYSICAL



- Eat nutritious food and get enough sleep.
- Go outside.
- Stretch your muscles and take some deep breaths.

INTELLECTUAL



- Read a book.
- Write about your feelings or what kind of day you had.
- Try something new. Remember that it's OK to make mistakes!

An UNEXPECTED SOLUTION



By David Dickson

(Based on a true story)

This story took place in the USA.

The bell rang just as Mr. Nickels wrote their weekly math homework on the board. There were so many problems to solve! This would take forever.

"Turn in your homework on Friday," Mr. Nickels said. "No excuses."

Everyone groaned. Derek shoved his math book into

his already-full backpack.

Derek's new school was so different from his old one. Now that he was in sixth grade, he went to a school that was much bigger, with lots more students. The classes were harder, and he had more homework too.

But what worried Derek most of all was the other kids. Some of them seemed so mean! He didn't want anyone to get mad at him.

Derek slung his backpack over his shoulder and walked into the hall. Kids were everywhere. He kept his eyes down and tried to weave between them without bumping into anyone. Sometimes it seemed like just looking at someone might

make them mad.

"How was school today?" Dad asked that night. "Any better?"

"Not really," Derek said.

Dad set down his book. "You know how you told me that sometimes you worry that



someone at school might get mad at you for no reason?"

Derek nodded as he stared at his homework.

"Well, I have an idea," Dad said. "Try smiling at them."

What? That wasn't what Derek expected. "I don't know," he said. "That sounds kind of weird."

"Nothing too weird about smiling," said Mom.

Dad nodded. "It wouldn't hurt to try. Keep your head up and try smiling at whoever you see. It's pretty hard to get mad about a smile."

Derek thought about Dad's idea. He prayed about it before bed, and he felt peaceful. OK. He'd try it out.

The next morning, Derek hopped off the bus. A crowd of kids squeezed through the front doors of the school. Derek walked inside with his head down, like normal.

But then Derek remembered Dad's idea. *Just smile*, he thought.

With a deep breath, Derek raised his head. An older boy was walking toward him. He was at least one grade above Derek.

Maybe two.

He wore a sports jersey and walked with big, fast steps.

Derek almost looked away. This was exactly the kind of kid he thought

might push him out of the way without warning. But he had promised to try.

So he smiled.

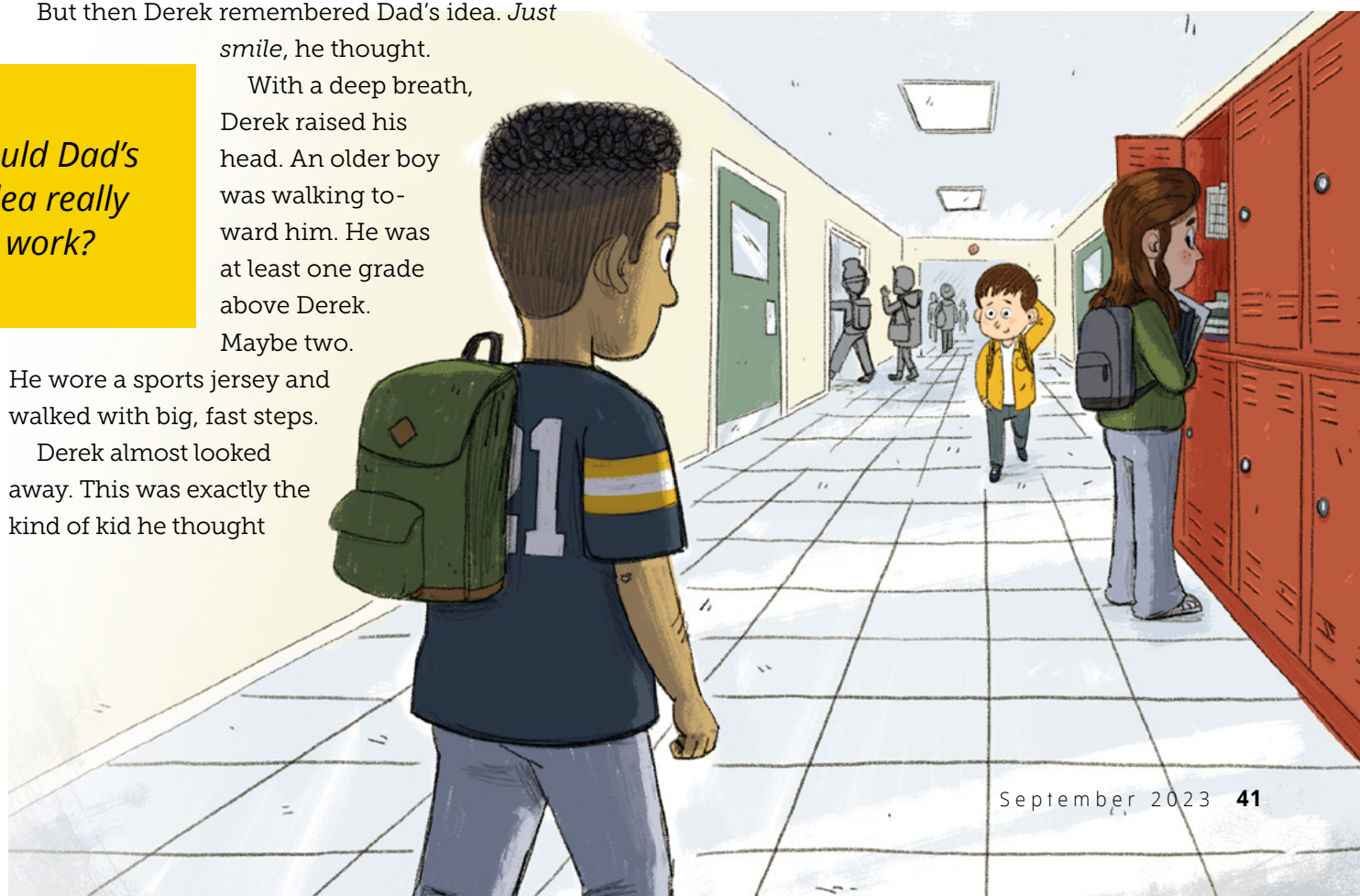
The other boy's face brightened a little bit. After he passed, Derek stopped walking for a moment. He didn't feel so nervous now!

Derek smiled at more people on his way to class. Almost all of them smiled back! Dad was right. No one got angry from a smile.

As he walked into the classroom, Derek thought that middle school might not be so scary after all. There was still lots to learn, and he still had some worries. But smiling helped. Maybe his smile could help someone else feel better too. ●

Change can be stressful! Turn to page 38 for some ideas to help you.

Could Dad's idea really work?



What's Wrong with This Picture?

Can you find 10 silly things in this picture? How do you show kindness at school?



For Little Friends

What's Inside:



I help my family remember
to say prayers.

Emily S., age 3, Beni, Bolivia



My favorite part of church
is the fun activities we do in
my Primary class!

August G., age 5, Utah, USA

I Can Follow Jesus by **HONORING MY PARENTS**



I can do what my parents
ask me to do.



I can help at home.



I can be kind to my
brothers and sisters.



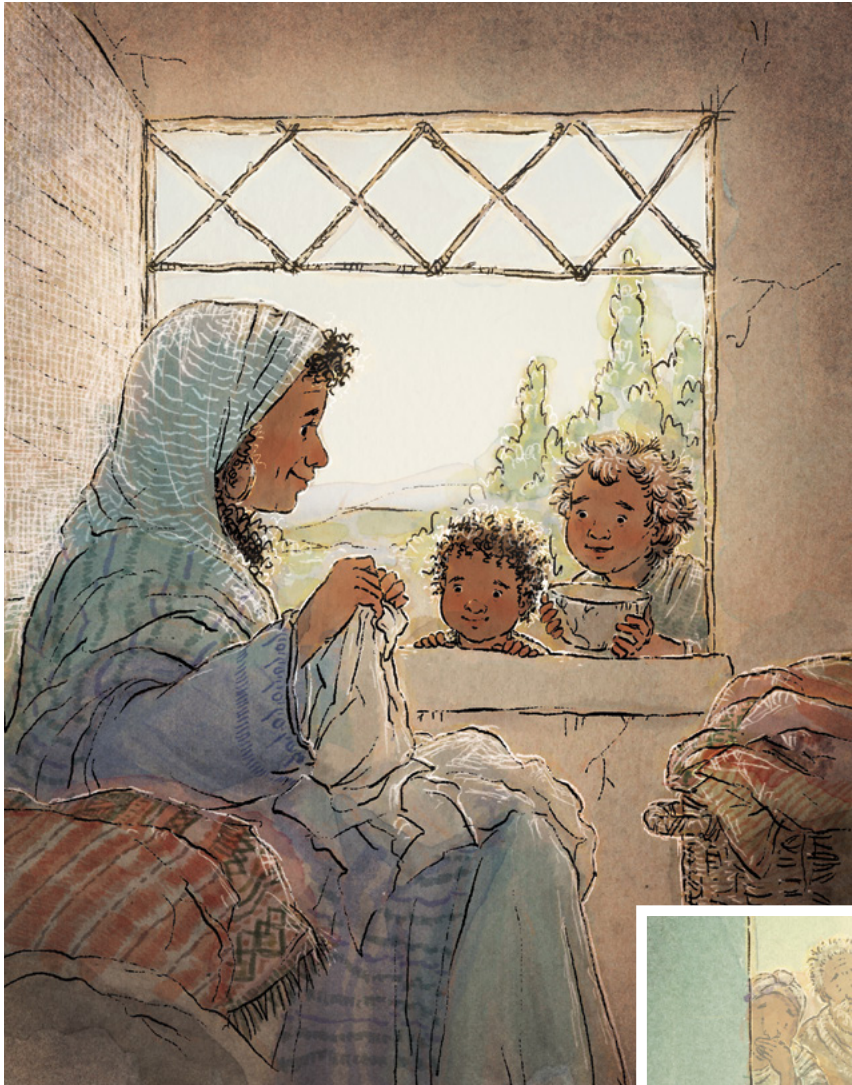
I can use respectful words.

Activity Time

This family is going on a bike ride.
Can you find the shapes?



Tabitha's Miracle



Tabitha was a follower of Jesus Christ. She sewed clothes and coats and did many kind things for others.

But then Tabitha got sick and died. Many people were sad.



The prophet, Peter,
went to Tabitha. He
raised her from the
dead with power
Jesus Christ
gave him.



Tabitha was alive again!
She could sew and
serve again too. It was
a miracle. ●

You can read this story in Acts 9:36-41.



I CAN SERVE OTHERS

I can love like Jesus Christ by serving others.

COME, FOLLOW ME Activities for Little Ones



For 1 Corinthians 8–13

Point to some body parts and ask your little ones why each part is important. Explain that all the parts work together to help us do things. God loves all His children. He wants us to work together to help and serve others.

For 1 Corinthians 14–16

Draw a house on a piece of paper. Ask your little ones what objects belong in the house. Draw them. Does the home feel complete? No! It needs people inside. Explain that God wants us to live with Him in His heavenly home again.

For 2 Corinthians 1–7

Give each of your little ones a long hug. Help them find words to tell you how it feels to be wrapped in a long, tender hug. Teach them that God loves us and wants to show us how much He cares.

For 2 Corinthians 8–13

Sing “A Child’s Prayer” (*Children’s Songbook*, 12–13) with your little ones. Explain that Heavenly Father always hears our prayers. Tell them about when Heavenly Father answered a prayer in your life.

For Galatians

Help your little ones say, “Jesus wants me to help those in need.” Tell them that people in need might be those who are sick, hurt, or lonely. Think of what you can do as a family to help others.



DEAR PARENTS,

How does your family make Sunday a special day? Read the story on page 20 about one girl's choice to honor the Sabbath. Not doing some things on Sunday can be hard. But we can do many other special things! Talk with your children about activities you do as a family. You can use page 23 to make a Sunday Box.

Love,
The *Friend*



READING TIP

As you read with your children, look for the questions at the end of some of the stories (like on page 29). Ask your children to answer them.



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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