

# A Chat with Isabela about Covenants

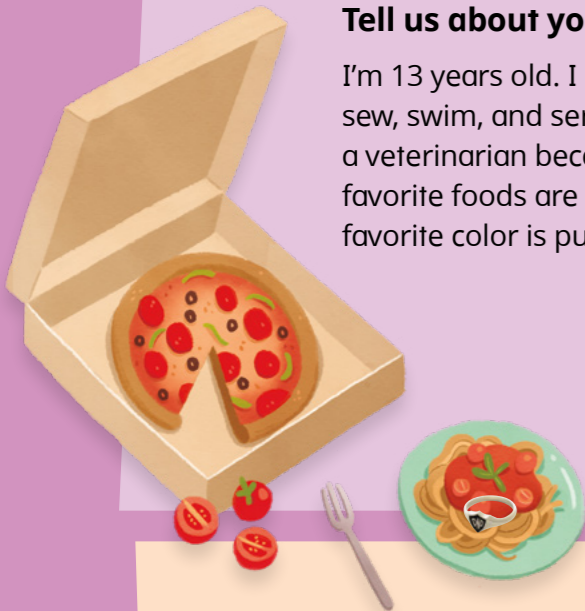


*Isabela is from Alajuela, Costa Rica. We asked her some questions about what it means to keep her baptismal covenants.*



## Tell us about yourself.

I'm 13 years old. I love to play football, cook, sew, swim, and serve others. My dream is to be a veterinarian because I love to help animals. My favorite foods are spaghetti and pizza, and my favorite color is purple.



## How do you keep your baptismal covenants?

I repent and take the sacrament each week. I have a calling in my Young Women class, and I try to take it seriously. I also keep my covenants by serving others.



## What do you do to serve others?

I like to help my family. I often play with my three-year-old cousin, Lina, while her parents work. I like to help my grandparents when they need me. I also help my classmate study for her French exams at school.



## Tell us more about your calling.

I am the first counselor in my Young Women class. My duties include ministering to the young women. This means I help them with whatever they need. I go to class and activities, and I try to be a friend to other girls in my class who don't come.



## What advice would you give to someone about their first calling?

I would tell them that they don't have to be nervous. A calling is just a way you can help with Heavenly Father's work. The best way to help others is through your example! ●



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