



# 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.



**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
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Email of parent or legal guardian
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May the *Friend* contact you with a survey?

 YES NO