

# the Friend

MARCH • 2007





# Friends by Mail



## A Prayer for Help



**I**t was a cold winter day at Utah Lake, and my dad and I were on the shore looking at the ice that had frozen on the water. My dog Suni got a little too curious and ran out on the lake. Suddenly the ice broke, and Suni fell into the water. We didn't know how to get Suni back to shore. I was afraid she would drown, so I said a little prayer in my heart for help. Right then an idea came to me. I should throw rocks into the water to break the ice so Suni could swim to shore. The idea worked, and Suni swam quickly to shore. I am grateful for the gift of the Holy Ghost. The Spirit guided me in saving the life of my dog.

Bryson P., age 11, Utah



## The Razor

**W**hen I was taking a bath one morning I could see what I thought was a bar of soap on a shelf high above me. I reached up to grab it. Suddenly I had a strong feeling that I should not

pick it up. I said to myself, "Who knows what could be up there?"

When I stood up to see what was on the shelf, I discovered that the blue and red object I had seen was not my soap but a razor. If I had grabbed it, I could have cut my hand on the sharp edge. The Holy Ghost warned me, and because I listened I wasn't hurt.

Christina G., age 8, Missouri

## Birthday Visit

**L**ast July our family had the opportunity of attending Philmont Scout Camp in New Mexico where my dad was receiving training. During that week I celebrated my 10th birthday. Shortly after my family and new friends had sung

"Happy Birthday" and I had blown out the candles, Sister Cheryl Lant, the Primary general president, who was also participating in the training, came in with her husband. Sister Lant said, "I heard that someone was having a birthday!" They stayed and enjoyed cake with us and visited. It was fun to have Sister Lant take time from her busy schedule to come and wish one of her Primary children a happy birthday.

Katelyn B., age 10, Utah



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# the friend

See the  
Guide to the Friend  
(inside back cover)  
for family home  
evening ideas.



*A children's magazine published by The Church of Jesus Christ of Latter-day Saints*

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Cover by Maryn Roos



### Hidden CTR Ring

As you look for the CTR ring hidden in this issue, think of how you can follow the Savior's example in keeping the commandments.

*Clue: Who forgot her blue sash?*



Come Listen to  
a Prophet's Voice

# Be More Forgiving

BY PRESIDENT GORDON B. HINCKLEY

I clipped an article written by Jay Evensen from the *Deseret Morning News*. With his permission, I quote from it:

“How would you feel toward a teenager who decided to toss a 20-pound [9-kg] frozen turkey from a speeding car headlong into the windshield of the car you were driving? How would you feel after enduring six hours of surgery using metal plates and other hardware to piece your face together? . . .

“ . . . The victim, Victoria Ruvolo, . . . was more interested in salvaging the life of her 19-year-old assailant [attacker], Ryan Cushing, than in . . . revenge. . . . She insisted on offering him a plea deal. Cushing could serve six months in the county jail and be on probation for five years if he pleaded guilty to second-degree assault.

“Had he been convicted of first-degree assault—the charge most fitting for the crime—he could have served 25 years in prison. . . .

“According to an account in the *New York Post*, Cushing . . . made his way to where Ruvolo sat in the courtroom and tearfully whispered an apology. ‘I’m so sorry for what I did to you.’

“Ruvolo then stood, and the victim and her assailant



**President Hinckley promises that love and forgiveness can work miracles.**

embraced, weeping. She stroked his head and patted his back as he sobbed, and witnesses . . . heard her say, ‘It’s OK. I just want you to make your life the best it can be.’”<sup>1</sup>

Who can feel anything but admiration for this woman? Somehow forgiveness, with love and tolerance, accomplishes miracles that can happen in no other way.

The great Atonement was the supreme act of forgiveness. The suffering was so great, the agony so intense, that none of us can understand it when the Savior offered Himself as a ransom for the sins of all mankind. I know only that it happened and that it was for me and for you. It is through Him that we gain forgiveness. It is through Him that all mankind will be granted resurrection from the dead. It is through Him and His great sacrifice that we are offered the opportunity through obedience of eternal life.

May God help us to be a little kinder, to be more forgiving, to lay aside old grudges and nurture them no more. ●

*From an October 2005 general conference address.*

#### NOTE

1. “Forgiveness Has Power to Change Future,” *Deseret Morning News*, Aug. 21, 2005, p. AA3.





## THINGS TO THINK ABOUT

**1. How do you think Victoria Ruvolo's forgiveness may have affected Ryan Cushing? Why?**

**2. President Hinckley reminds us that Jesus Christ suffered for our sins. Through Him we receive forgiveness if we repent. How does knowing this help us forgive others?**

**3. Does forgiving someone mean we have to let him or her keep hurting us?**

# Friendship Bracelets

*A friend loveth at all times (Proverbs 17:17).*

**BY JENNIFER ROSE**

Church Magazines  
(Based on a true story)



I met Megan when my family moved into our new house. She lived down the street, and we were both in Sister Crawford's Primary class. We became friends and played together a lot. I watched Megan closely, trying to remember how she told a joke or how she fixed her hair or how she talked to other kids so easily. I thought Megan was perfect. I was shy. I wanted to be like Megan.

One day I called Megan to see if she wanted to play. She didn't say anything at first.

"Caitlin is already over here," she finally said.

Caitlin was in our Primary class too. I waited for Megan to invite me over, but she didn't. Her end of the line was quiet.

"Oh. OK," I stammered. Megan hung up without saying anything else.

That Sunday in Primary, Sister Crawford asked us, "What does it mean to be a good friend?"

I smiled at Megan, but she didn't see me. She turned the other way and whispered to Caitlin. Suddenly Caitlin laughed out loud.

"Please quiet down, girls," Sister Crawford said. They stopped whispering, but their shoulders trembled with giggles. Sister Crawford turned to me. "Angie, what do you think makes a good friend?"

"Well, someone who is nice and likes to play with you and—"



Megan and Caitlin giggled louder. My face got hot, and I looked at the floor. Were they laughing at *me*?

Sister Crawford frowned at them, then smiled at me. "That's right, Angie," she said. She looked around at the class. "How can you be a good friend?"

Adam raised his hand. "We can help people," he said.

Sister Crawford nodded. "A good friend wants to help and serve others. Jesus Christ taught that when He lived on the earth. He also taught us that we should be kind to everyone."

I looked at Megan and smiled at her. She didn't smile back. I felt an empty spot in my chest. Didn't Megan like me anymore?

At the end of the lesson, Sister Crawford held up a small basket. "I have something for you," she said. She reached into the basket and showed us colorful strings that had been tied in small circles. "These are friendship bracelets. You wear it on your wrist, and whenever you look at it you can remember to be a good friend."

Maybe friendship bracelets would help! Maybe Megan and I could get matching bracelets. As the basket went around the class, I leaned toward

Megan. "What color are you going to get?" I asked her.

Megan shrugged. "Maybe a yellow one."

"Me too," I said.

Caitlin chose a blue bracelet. Then she passed the basket to Megan. Megan fingered a few bracelets, then pulled out a blue one too. I stared at her. Blue? She quickly handed me the basket. I stared into it, not knowing what to do. There were only yellow bracelets left. I slowly pulled one out.

Megan and Caitlin giggled and held out





"Each one of you can be a friend to someone, even if it is only by smiling. . . . Let the sunshine that is in your heart show in your face."

**President James E. Faust, Second Counselor in the First Presidency, "Your Light—a Standard to All Nations," Ensign, May 2006, 113.**

their arms side by side, admiring their matching blue bracelets. I felt a lump rise in my throat. Tears stung my eyes. I clenched my teeth together to keep from crying. I was *not* going to cry in front of them.

I threw myself into Mom's arms as soon as we got home from church. "What's wrong, honey?" Mom asked as I started to cry. Through my tears I told her what had happened. She sat next to me on my bed and held me close. "I'm sorry, Angie," she said.

"Doesn't Megan want to be my friend anymore?" I asked.

Mom stroked my hair. "Sometimes we don't know why people do certain things," she said. "I'm sorry that happened."

"Sister Crawford said today that we should try to be kind to everyone, like Jesus was. But I don't want to be kind to Megan."

"I understand," Mom said. "But I also agree with Sister

Crawford. It might be hard, but we should try to be kind even if someone hurts our feelings. Jesus taught us to forgive others."

"How can I do that?" I asked.

I thought of the way Megan and Caitlin had laughed, and I felt that empty feeling again.

Mom pointed to a figurine of a girl kneeling in prayer that I kept on my nightstand. "Whenever someone hurts my feelings, I ask Heavenly Father to help me forgive that person. I ask Him to soften my heart and the other person's heart."

"Does it work?" I asked.

Mom smiled and kissed the top of my head. "I always feel better when I've talked to Heavenly Father," she said.

When I said my prayers that night I thanked Heavenly Father for the friendship I had with Megan. Then I asked Him to help me forgive her. I scrunched up my eyes and thought hard. "Please help Megan and me be friends again," I said.

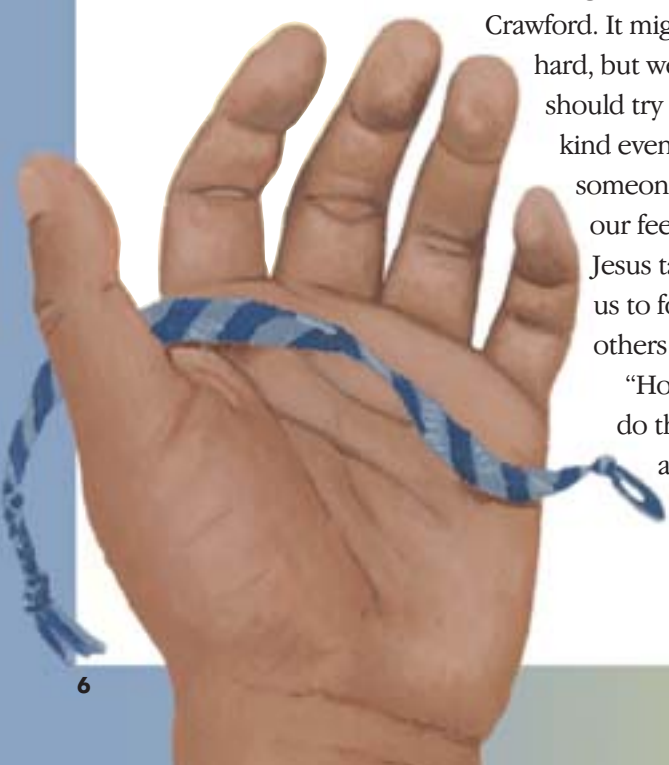
I prayed for those things for the next few days. On Saturday I was swinging on our swing set when Megan came up our walk. I stopped swinging. We looked at each other but didn't say anything. Finally Megan reached out and put something in my hand.

"This is for you," she said. I opened my hand and saw a blue friendship bracelet.

"Do you want to play?" Megan asked. "Caitlin is coming over to my house. We're going to pretend we're princesses, and Noodle is going to be the queen."

Noodle was Megan's gray-striped cat. I giggled, picturing Noodle wearing a crown. I felt the empty spot inside shrinking. "Yes, I'd like to come over," I said. "Thanks."

I smiled at her, and this time Megan smiled back. ●





funstuff

# Growing Faith

BY BRITNEY RULE

Faith grows as we nurture it, like a little seed. Help this plant grow by filling in the clues and coloring the leaves. The answers are things we can do to grow in faith. After you are finished, read the word found in the green circles to see what else the Lord will bless us with when we follow His commandments. See page 26 for answers.

1. We should keep one in our hearts at all times.  
When we do this, we are speaking to Heavenly Father.

2. We are commanded to feel this toward everyone.  
We can show it by serving others.

3. At baptism and in the temple, we make these  
promises.

4. We go to this place on Sunday to take the  
sacrament, worship Heavenly Father, and learn more  
about the gospel of Jesus Christ.

5. If we make a mistake, we can do this to get the  
Spirit back.

1

2

3

4

5

# Missionary Friends

*Go forth and declare his Gospel unto the children of men (Moses 8:19).*



From an interview with Elder Gary J. Coleman of the Seventy; by Hilary M. Hendricks

I grew up faithfully participating with my family in the Catholic Church. We attended church and church activities regularly, and we prayed as a family each evening at home. Throughout my boyhood, friends from church helped me make good choices.

When I was nine years old, I became an altar boy. Altar boys in the Catholic Church help the priest during the Sunday worship service, called Mass. My brothers and many of my friends served with me—a great honor for us. We lit candles at the altar, carefully unfolded the priest's robes, and placed the scriptures next to the altar. During the service we helped pass the bread for Communion, similar to the sacrament.

To become altar boys, we memorized words of the Mass in Latin. We also participated in weekly religion classes. Each summer my friends and brothers and sisters and I attended Bible school about 20 miles (32 km) from our home. My parents were busy on our wheat farm during the summer. They could have used our help during those weeks, but they felt it was important that we have this opportunity to learn

about God and be with good friends. The faith of the priests and nuns who were our teachers impressed me. I decided then that I would do what God wanted me to do.

In my junior high and high school years, many of my classmates chose to do things that I had been taught were not right, like drinking alcohol and smoking. I kept busy working on the farm, playing sports, acting in school plays, and participating in activities at my church. I felt blessed to have good friends who were also trying to choose the right.

When I was a college student and I began to learn about The Church of Jesus Christ of Latter-day Saints, good friends again made a difference for me. I remember well my first visit to an LDS ward, which met in a tiny community hall. The moment I stepped out of the car, my college friends swarmed around me. "It's great to see you!" they said. "So glad you could make it!" I had never shaken hands with so many people in my life. "Wonderful to have you here," said people I'd never met. "Come back again." I'm still touched by that ward's love for me, a stranger.





Everything going on about me that day felt strange. The worship service I had experienced as an altar boy was very structured and extremely quiet. The Latter-day Saint worship service was so different—so much fellowship before the meeting, so many new ideas to think about and new things to experience. As I sat in that hall, I had many questions and doubts. But the warmth and friendship of Church members helped me to feel comfortable. Then, as I studied the gospel, the witness of the Holy Ghost helped me want to be baptized.

I am grateful for the restored truths available only in The Church of Jesus Christ of Latter-day Saints. And I am grateful for the friends who helped me to find those truths.

***Reach out to others and make them feel welcome. Remember to smile and be kind.***

As children who belong to the Church of Jesus Christ, you are blessed to know so much about our Heavenly Father and His Son. Your faith will grow as you attend church, pray, and study the scriptures on your own and with your family.

As you make good choices for your own life, please reach out to others who are not members of the Church or who may not attend church regularly. Welcome them to Primary. Smile. Sit next to someone who is new. Ask about others' interests, and always speak kindly. The love you share will help those around you make good choices and come to know the Savior Jesus Christ and the teachings of His restored gospel. ●











# Cannon's Commitment

BY ALLISON LEE BURTON

(Based on a true story)

*Look up the following scriptures: Psalm 37:5, Exodus 31:16, Hebrews 10:23. Which one do you think fits the story best? Write that scripture on the blank lines.*

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Cannon stared glumly out his bedroom window. Rain! He could hardly believe it. Today was Saturday, the day his baseball team, the Angels, was supposed to compete in the final championship game. They had worked very hard to qualify for the championship. In addition to practicing with his team, Cannon had practiced pitching with his dad for an hour each evening after school and for two hours on Saturday. He had pitched several no-hit innings this season, becoming the team's star pitcher.

Cannon looked at his shelf. Every player in the league received a small silver trophy at the end of the season for being part of a team, and three already lined his shelf. "I should be placing my new gold championship trophy on that shelf today," Cannon thought, frowning.

He was disappointed that the game he had been looking forward to all season had to be put off, but it got worse. Cannon's coach had called and said that the final game was rescheduled for the following Sunday.

"I'm sorry, Coach," Cannon said in almost a whisper.



"I can't play in a game on Sunday."

"You have to," his coach replied. "Sunday is the only day we could get the field and the umpires. I'm sure you can get out of whatever you have scheduled next Sunday. You have eight days! Besides," he continued, "you have worked so hard for that gold trophy, and you deserve it. You are our best pitcher, and if we want a shot at beating the Astros we need you on the mound. Your teammates have also worked hard to get to this point. I know you won't want to let them down."

"I am sorry, Coach," Cannon repeated. "Sunday is a special day to me. I don't play baseball on Sundays."

"I know you're a Mormon and that you don't *usually* play on Sundays," the coach said, "but a championship isn't just any game. Tony goes to your church too. His

family has made an exception for him to play. I'm sure that if you talk it over with your parents, they'll understand how hard you have worked this season and how much our team needs you."

The conversation played over and over in Cannon's mind. Why did it have to rain today of all days? It was so unfair!

Cannon heard a light tap on his door, and Dad and Mom came in. "We are so proud of you for remembering the importance of the Sabbath," Dad said, patting Cannon's arm. "Your coach just called me. He explained that your game is set for Sunday, and that you told him you would not be playing in it. He also told me that Tony will play. This is a very hard situation, isn't it?"

Tears filled Cannon's eyes, but he tried to hold them in.

"We know how hard you have practiced this season," Mom added. "Your coach may be right when he says

your team won't win this game without you. Do you want to pray about whether you should play on Sunday just this once?"

"I don't need to pray about this, Mom," Cannon said. "I already know that Heavenly Father wants me to keep the Sabbath day holy."

Mom and Dad gave Cannon a hug, but he didn't feel much better.

The week leading to the final game passed very slowly. Cannon's teammates, including Tony, tried to convince him to change his mind. They didn't seem to understand that winning the championship was something he wanted as much as they did. He could only hope that his team would win without him.

On Sunday when Cannon got home from church, there was a message on the answering machine from his coach. The Angels had lost the game by four runs. There would be no gold trophies for their team. "If Tony hadn't been here," his coach said, "we would have lost by at least six runs. I guess it comes down to who is willing to make a commitment and who isn't."

Cannon thought about his coach's message. The coach was right—winning did come down to who was willing to make a commitment. For the first time in days, Cannon felt happy.

He smiled as words from his favorite Primary song came to his mind: "I'll stand for truth. I'll stand for right. The Lord can depend on me."\* As much as Cannon would have liked adding a gold trophy to his shelf, he knew he had won something much more important. He had made a commitment to keep the Sabbath day holy, and he had stayed true to that commitment. ●

*\*Children's Songbook, 162.*



"Keep the Sabbath day holy. Now is the time to put in place a habit that will become your pattern for the rest of your life."

**Elder Earl C. Tingey of the Seventy,**  
"Establishing Eternal Patterns," *Ensign*,  
Oct. 2004, 34.





# The Right Way → HOME

BY MARY ANN SNOWBALL

When I've been playing with my friend  
My mother calls to say,  
"Please walk home very carefully;  
I'll wait for you today."

She taught me how to cross the street,  
And how to listen well.  
She watches through the window glass;  
She loves me, I can tell.

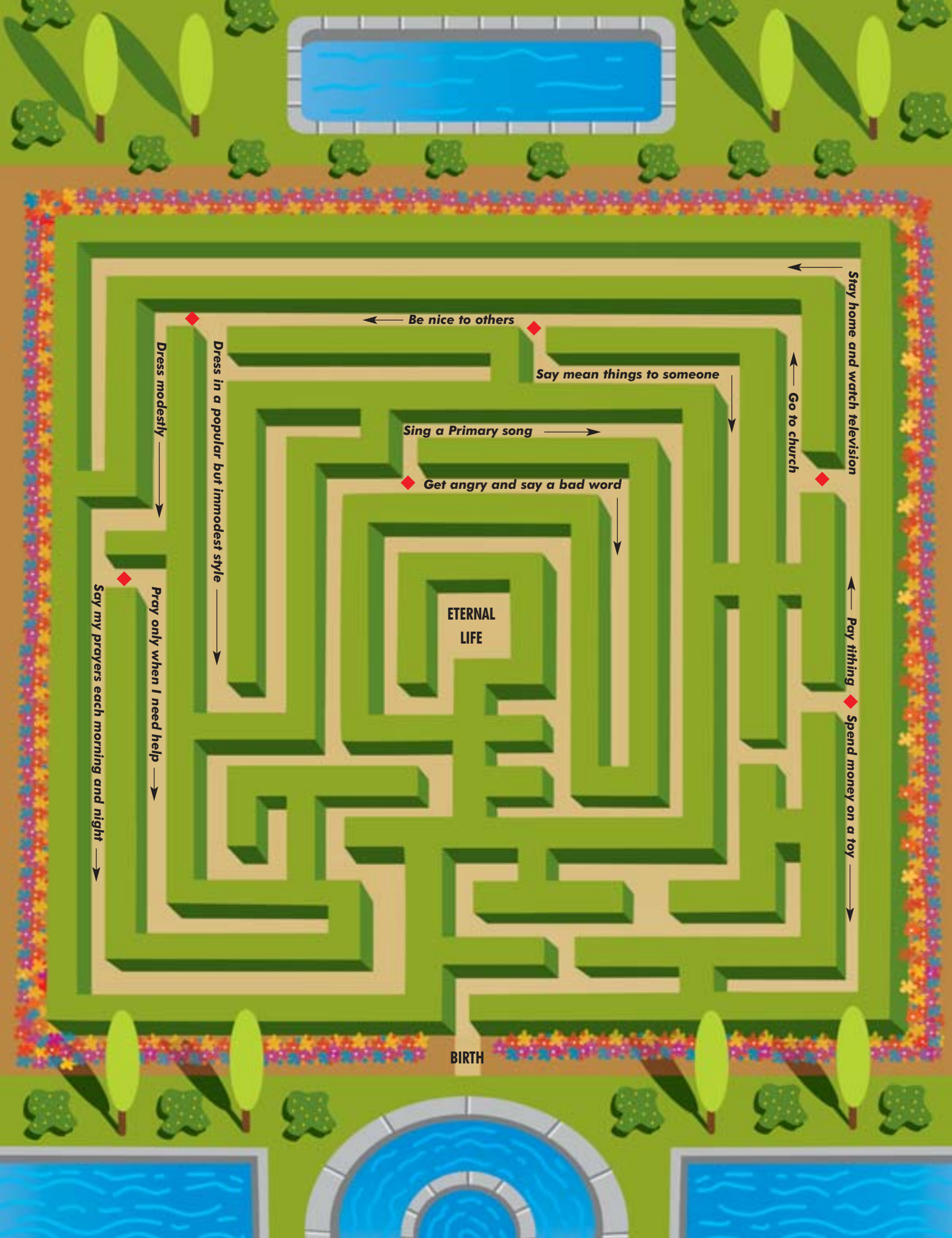
I also know that Jesus waits  
For me to come back "home."  
He put me in my family  
So I won't be alone.

I'm learning truths my parents teach;  
I'm trying to obey.  
Then when I need to make a choice,  
I'll choose the righteous way.

If I will follow on this path  
That Jesus set for me,  
Someday I'll be back "home" again;  
Then His face I will see.

I'll thank Him most for giving me  
My fam'ly kind and dear.  
I'm glad He shows His love for me  
And that He's always near.







# Try, Try, Try



*Follow me, and do the things which ye have seen me do* (2 Nephi 31:12).

**BY ELIZABETH RICKS**



Many years ago people made fancy garden mazes to delight their friends. They trimmed hedges to form pathways where others could walk and wander and try to find the way out. Many people enjoyed strolling through these large garden mazes. Others sometimes became confused in the pathways, but they still enjoyed the pleasant walk and eventually found their way out. They had to try, try, try. Garden mazes still exist, and visitors enjoy navigating through them.

Just as visitors make their way through garden mazes by making a decision at every fork in the path, each of us makes our way through life. Every day we are faced with decisions. Some of the decisions are

not important. It probably doesn't matter if you wear a blue shirt or a red shirt. But many decisions *are* important. When you are faced with a decision about whether to tell the truth or tell a lie, it is important to tell the truth.

For important decisions, you can make the right choice if you ask yourself, "What would Jesus do?" When we try to be like Jesus—when we try, try, try—we will do what is right. Jesus always did what was right. Our faith grows when we follow His example.

## **Activity**

With your finger, trace a path through the garden maze. Every time you come to a choice, decide which choice Jesus would make. Beginning at "Birth," follow Jesus's example until you get to "Eternal Life."

## Sharing Time Ideas

(Note: All songs are from *Children's Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit, TNGC = Teaching, No Greater Call.)

1. Write the numbers "6 2 3 2 3 6 5 2 4 4 2 2" on a chalkboard. Explain that these numbers represent the number of letters in each word of a scripture. Have the children look up 2 Nephi 31:12 and find the last 12 words. Invite one child at a time to erase one number and replace it with the word. Each time a word is added, have the children recite the scripture, clapping once for each word that is not yet written. When all the words are written, ask the children to close their scriptures and recite the scripture. Erase the board and recite it again.

Explain that following Jesus's example will help us return to our Heavenly Father. Ask the children what an example is, and give illustrations. For instance, a teacher might solve a math problem to show students how to solve other problems. A soccer coach might kick a ball to show how to kick. Tell them that following Jesus's example can help us make good choices. Prepare case studies (see "Case Studies," TNGC, 161–62) of true-to-life situations. Give one case study to each class, and have them discuss the problem. Ask the children to solve the problem by asking, "What would I do if I followed Jesus's example?" Have each class report on how they could follow Jesus. Sing "Jesus Once Was a Little Child" (p. 55). Point out that the last three words of the song are "try, try, try." That same word appears many times in the song "I'm Trying to Be like Jesus" (pp. 78–79). Explain that to be like Jesus, we must try. Testify that following Jesus's example will take effort, and it will make us happy.

2. *For older children:* Bring a dictionary, some Bibles, and a hymnbook. Tell the children that they are going to use the books to study the scriptures. Explain that when we study the scriptures, we do more than just read them. Ask the children to look up James 1:5. Divide the Primary into groups. Give one group a dictionary, and ask them to look up the difficult words such as *liberally* and *upbraid*. Have another group use the Topical Guide, Bible Dictionary, or Guide to the Scriptures to look up *revelation* and find out ways that Heavenly Father answers prayers. Another group could use the Bible Dictionary to find out who James was. Another group could look up Joseph Smith—History 1:11, a footnoted scripture in James 1:5, to find out why this scripture is so important. Have a teacher show a group how to use the scripture index in the back of the hymnbook (pp. 410–14); have them find a song that relates to James 1:5. Have each group report on what the group learned. Joseph Smith read this scripture, and it prompted him to pray. Tell the children that Heavenly Father will answer our prayers too.

*For younger children:* Help the children memorize the poem "I Will Follow Jesus Christ," with actions in the second part:

Jesus Christ was baptized,  
and I'll be baptized, too.  
I'll follow His example.  
That's what I want to do.  
I'll follow in His footsteps. [walk in place]  
I'll study [put hands together to form a book], and I'll pray [fold arms].  
I'll try to be more loving [hand on heart]  
each and every day.  
(Elizabeth Giles, *Friend*, May 1999, 24)

Explain that our prophet, President Gordon B. Hinckley, also teaches us to pray. Sing a song he wrote, "Don't Ever Forget to Pray" (*Friend*, Apr. 2006, 11). Bear testimony of the blessings that come through prayer and scripture study.

3. Display a calendar, and ask the children which day is the Sabbath day. Tell them that before Jesus's Resurrection, the Sabbath day was the seventh

day, as it says in Genesis 2:2–3. Explain that two of the older children are going to explain more about the Sabbath. The week before, ask one child to prepare a summary of "History of the Sabbath" and another to prepare a summary of "The Lord's Day" from the *Gospel Principles* Sunday School manual, pages 160–61.

Invite the children to help you make a list of ways to keep the Sabbath day holy. Focus on what we should do rather than on what we should not do.

Sing "The Sabbath Day" (*Friend*, Nov. 2004, 27). Encourage them to think about the Savior and feel the peace that comes during the song's introduction, interlude, and ending. Display a picture of Jesus Christ during these intervals. Express your love for the Savior and your happiness that we have a special day each week to remember Him.

4. Invite the bishop or branch president to talk about preparing for the temple. Have him show the children his driver's license. (Any kind of license, such as a fishing license or a marriage license, would also work.) Have him tell the requirements he had to meet to get it. Then have him show his temple recommend. Ask him to tell the children some of the things they need to do to get a temple recommend.

Prepare slips of paper on which you write gospel principles one needs to live to go to the temple, and a number of steps. For example, "You keep the Word of Wisdom—advance 2 steps." Place a picture of a temple on each wall of the Primary room. The Church has temples all over the world, and today you have temples all around the room. Have four children begin in the center of the room, and have each one move toward a different temple by pulling a slip of paper out of an envelope, read the principle, and move the number of steps it indicates. (Clarify that this is not a competition. You want all four of the children to reach the temple, and it doesn't matter how fast they get there.) When each child reaches the temple, have him or her look on the back of the picture for the name of a song. Use the four songs listed in the *Children's Songbook* index under "Temples." Sing the song, and continue the game. After you have sung all of the songs, bear witness that the temple is the Lord's house and that we receive great peace when we go there. Encourage the children to live worthy.

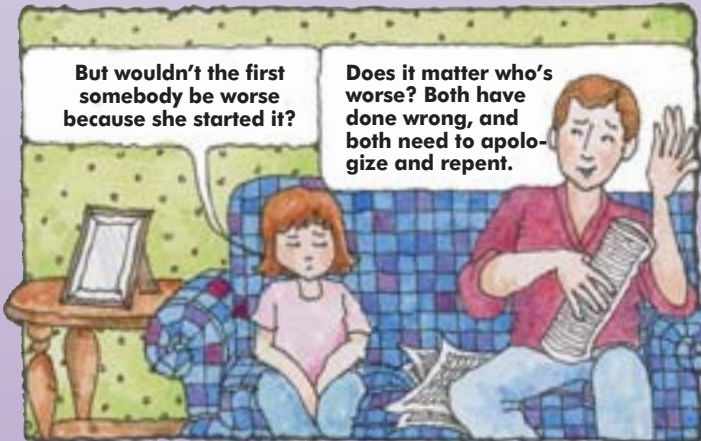
5. *Song presentation:* "I'm Trying to Be like Jesus" (pp. 78–79). Show the picture that accompanies the song in the *Children's Songbook*. Ask the children to imagine why the little girl might be crying. Ask what the boy is doing and who he might be. Suggest that the boy might be the girl's older brother. Sing "I'm Trying to Be like Jesus." Explain that Jesus comforts us, teaches us, and loves us, just like the older brother in the picture. Teach the verse by having the children finger clap (two fingers of one hand tap against the palm of the other hand) the rhythm of the first line while you sing it. Point out the similarity in the second line. Have them sing the opening lines several times with you. Sing the second part of the verse. Invite them to look up John 13:34 and compare the words of the scripture with the words of the chorus. Explain that when we love one another, we are keeping an important commandment because "these are the things Jesus taught." After singing the chorus several times, practice going right from the verse into the chorus. Encourage them to be like the boy in the picture by loving their families, friends, and neighbors. When they love as Jesus loved, they follow His example. Bear testimony of the importance of following the Savior.

6. *Friend* references: "Show You Know," June 2003, 16–18; "Ways to Study the Scriptures," Sept. 2005, 45; "Declare the Exciting Message!" Feb. 1990, inside front cover; "The Lifeline of Prayer," July 2003, 2–3; "Prayer," Jan. 2005, 24–25; "Heavenly Father Hears Me," Sept. 2005, 18–19; "A Letter to Grandma," Oct. 2005, 4–6; "Temples Dot the Earth," Nov. 2002, 24–25; "Worthy of the Temple," Sept. 2002, 42.





# MATT AND Mandy





# Treat Others Kindly

Jason Alford of Huntsville, Alabama



*Huntsville's train station, now a museum, is fun to visit*



*Medals show Jason's interest in sports and chess.*





BY RICHARD M. ROMNEY  
Church Magazines

**T**alk to anyone in the Winchester Ward about 11-year-old Jason Alford, and they'll tell you he's helpful. He shows up early to prepare for activities and he stays after to clean up. They may also tell you that he loves to read scriptures, enjoys music and art, and has a happy, positive attitude. But more than anything, they'll tell you that he's kind—kind to his brother and his mother.

Jason's 13-year-old brother, Alex, has autism. That means he has a difficult time dealing with changes and interacting with others. "He's smart, but he thinks slowly," Jason explains.

"He's gentle and softhearted. He usually gives smiles and hugs."

*Jason uses this telescope to look at stars and planets. He also looks up to his brother, Alex and his mother, Mara.*

But he can also get upset, so Jason has learned how to calm him down, and when to get help from an adult. He has also helped Alex learn to say "sorry" or "excuse me," because sometimes he will eat too fast and burp, or bump into people without meaning to.

"Being a friend with my brother has taught me to be patient, because sometimes you have to have a lot of patience with him," Jason says. "But I also know he is watching out for me. If he

thinks I'm in trouble, he'll say, 'Are you OK?' and he'll check on me. If you want to know the truth, *he* has taught *me* how to be kind."

Jason goes most places Alex goes, often explaining to people what autism is and how they can include Alex in activities. "Even though he has autism, he still has feelings," Jason says. "I hope people will understand that." The brothers like to play hide-and-seek, color with crayons, play checkers, read books, and especially go swimming together. "We play tag in the water," Jason says. "Except instead of tagging him, I splash him. Then he has to come and splash me."

"My mother has taught me faith, obedience, and how to live my life," Jason says. "She works hard, but she always has time to care about me. So I try to do everything I can to help her." That includes keeping his room clean, making dinner sometimes, doing homework without being asked, and of course keeping an eye on his brother.

"Jason has been very helpful to me," says his mother. "There are times when he asks, 'Why is my brother autistic?' And there are times when he says, 'Mom, you're giving more attention to him than to me.' I explain to him that I love them both the same. It's like, 'You are my blue color and Alex is my red color.' But my love for blue and red is the same."

*Checkers is one of Jason and Alex's favorite games.*



***Jason is amazed by the rockets on display at the space museum in Huntsville.***



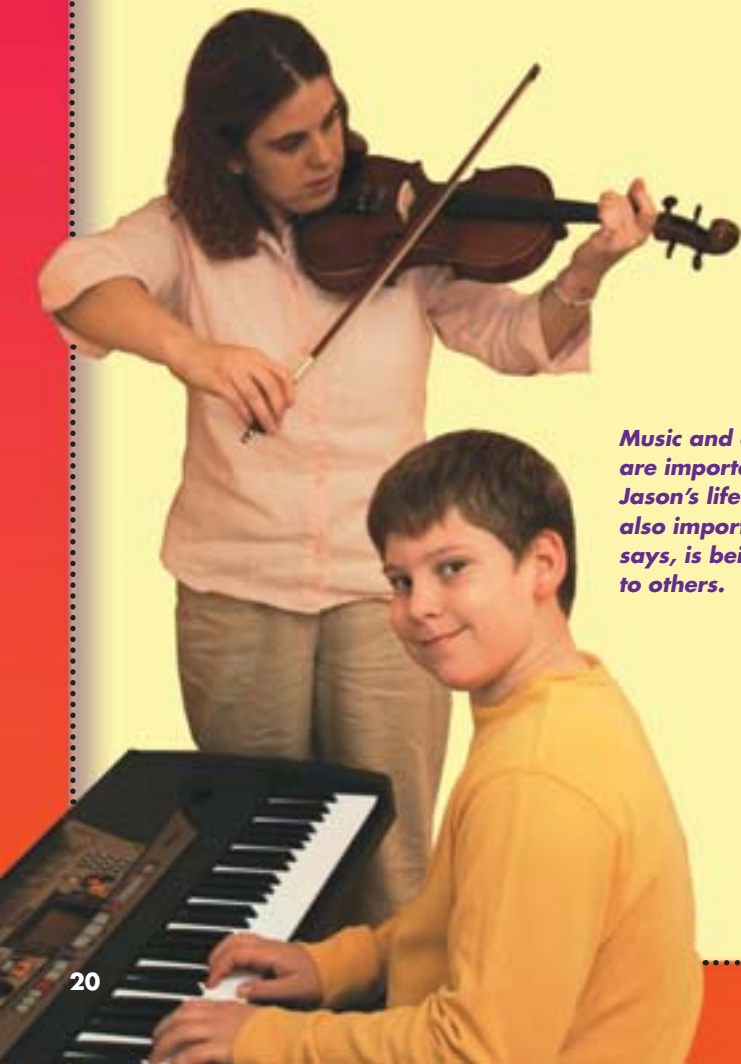
That love shows as they hold family home evening, pray, and read the scriptures together. Jason is particularly fond of stories about Nephi in the Book of Mormon: “He just kept doing what Heavenly Father asked him to do. I wonder if I would have the same courage.” There is no question in Jason’s mind about serving a full-time mission someday. He wants to give others the same opportunity missionaries gave to his mother when she was a teenager in Italy.

With all that is going on at home, you’d think Jason might feel overloaded at times. But he does find time to work on Scouting, create artwork, look through his telescope, and practice music. “My goal is to become the best musician in the world,” he says.

He is also eager to help at Church and looks forward to becoming a deacon. “Getting ready for the Aaronic Priesthood is important to me,” he says. “I expect the leaders and the boys my age to count on me. If I’m asked to do something, I’m going to complete the task.”

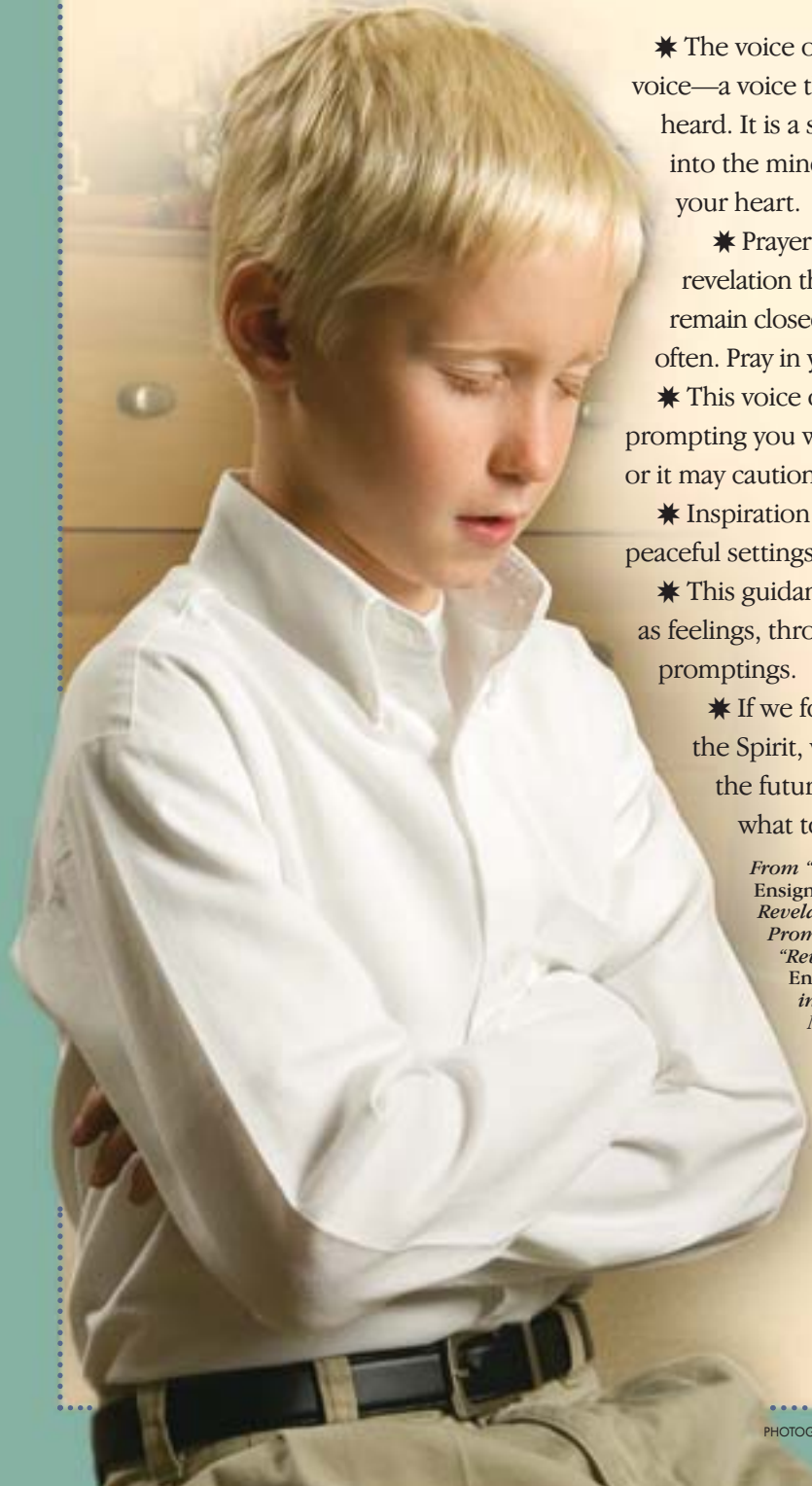
And you can be sure he will do it with kindness. ●

***Music and art are important in Jason’s life. But also important, he says, is being kind to others.***





# I just received the gift of the Holy Ghost. How can I feel the influence of the Spirit in my life?



★ The voice of the Spirit is a still, small voice—a voice that is *felt* rather than heard. It is a spiritual voice that comes into the mind as a thought put into your heart.

★ Prayer is so essential a part of revelation that without it the veil may remain closed to you. Learn to pray. Pray often. Pray in your mind, in your heart.

★ This voice of the Spirit speaks gently, prompting you what to do or what to say, or it may caution or warn you.

★ Inspiration comes more easily in peaceful settings.

★ This guidance comes as thoughts, as feelings, through impressions and promptings.

★ If we follow the promptings of the Spirit, we will be safe, whatever the future holds. We will be shown what to do. ●

*From "The Cloven Tongues of Fire," Ensign, May 2000, 8; "Personal Revelation: The Gift, the Test, and the Promise," Ensign, Nov. 1994, 59, 60; "Reverence Invites Revelation," Ensign, Nov. 1991, 21; "Revelation in a Changing World," Ensign, Nov. 1989, 14.*



*President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, shares some of his thoughts on this subject.*



## The Special Place

The chairs so comfy,  
The light so bright.  
The flowers outside  
Giving the hint of spring.  
The pictures hanging on the wall  
Telling stories of old.  
The scriptures lying on the table  
Whispering wonderful words of Christ.

Angela E., age 11, Idaho

## Heavenly Father's Creatures

A cat in a tree,  
A buzzing of a bee.  
A bird that is soaring,  
A bear that is roaring.  
A fox that is sleeping,  
A frog that is leaping.  
These are some creatures that we see.  
Heavenly Father put them here for me.

Josh O., age 10, New York

## What Missionaries Do

Every day missionaries teach, teach, teach.  
Every day missionaries preach, preach, preach.  
Every day missionaries do their best.  
Every day missionaries face a test.  
And that's what missionaries do!

Ben A., age 9, Utah

## Changes

I taste the slippery ice.  
I feel the cold air on my hands.  
I hear the snow crunching under my boots.  
I see the melting snow.  
I smell spring coming.

Hannah D., age 7, New Hampshire



1

## The Ark

God told Noah to build an ark,  
One made out of wood and bark.  
Two of every animal would go;  
It would be quite a show.

Lions, tigers, and bears,  
Horses, monkeys, zebras, and hares.  
And all of the rest,  
They all snuggled up in the ark,  
The one made of wood and bark.

Then the pouring rain came down.  
It flooded every house in town.  
It went over the tallest mountain,  
It went through the biggest grassland.  
But Noah and the animals were safe.

Marissa R., age 8, Arizona

## Drawings

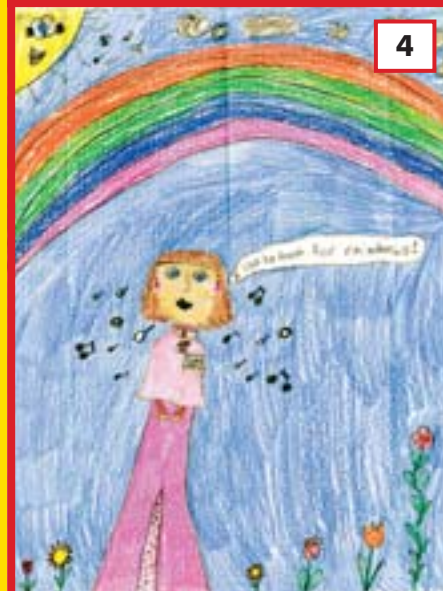
- 1 Wyatt H., age 10, Washington
- 2 Abby A., age 5, Minnesota
- 3 Daniel B., age 7, Pennsylvania
- 4 Sandi Nichole M., age 10, Idaho
- 5 Maxwell S., age 10, Georgia
- 6 Christian J., age 6, Colorado
- 7 Andrew M., age 7, Pennsylvania
- 8 Wyatt B., age 5, Utah
- 9 Gannon J., age 8, Oregon
- 10 Terrika N., age 9, Germany
- 11 Kowhai A., age 7, Utah
- 12 Luke N., age 4, Nevada
- 13 Lillie M., age 7, Wisconsin
- 14 Emilee B., age 5, Oklahoma
- 15 Hannah A., age 7, Japan



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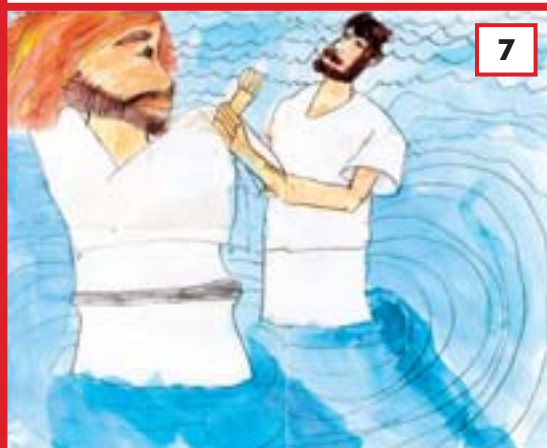
6



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7



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14



8



12



15



9



Let Learning Lift You







**"Education is the key that unlocks the door of opportunity."**

*—President Gordon B. Hinckley*

# What Do You See?

BY KIMBERLY WEBB

After a long afternoon of flying kites, Jermaine and Keshia flop onto the lawn to look at the clouds. Jermaine says one cloud looks like a star. Keshia thinks another looks like a sailboat. What do you see? Outline all the shapes you can find.





*Do that which is honest (2 Corinthians 13:7).*

# Honest Morgan

BY VICKI H. BUDGE

(Based on a true story)

One day Morgan pushed a toy truck across the kitchen table. Morgan's baby brother, Jacksen, sat in his chair and watched. Morgan pushed his truck too hard, and it crashed into a glass of orange juice.

"Mom! Mom!" Morgan cried. "Jacksen knocked the orange juice over!"

Mom soaked up the orange juice with a towel.

"Morgan," she said, "today is your day to be honest."

"What's honest?" Morgan asked.

"Honest is when the person who knocked over the orange juice tells me what he did. He does not tell me that someone else did it."

"OK, I knocked over the orange juice," Morgan said.

"Now am I honest?"

"Yes," Mom said. "You are honest, Morgan. I am proud of you." ●



BY SHEILA KINDRED

(Based on a true story)

*And be ye kind one to another, tenderhearted*  
(Ephesians 4:32).

forgot my sash!"

Erin looked across the dressing room to where a dark-haired girl named Dinah was frantically searching through her bag of dance costumes.

"I think I forgot to put it in," Dinah moaned.

"Too bad," Erin thought, pulling out her own carefully folded blue-satin sash—her favorite part of the costume. Mom had said that it brought out the blue of Erin's eyes.

"What am I going to do?" Dinah was on the verge of tears. "There's no time to go home and get it."

Erin didn't know Dinah very well. They lived in different towns and went to different wards and schools. But Erin could imagine how embarrassing it would feel to be the only dancer in the recital missing part of the costume. It would be hard to remember the dance steps if you thought everyone in the audience was staring at you and wondering why your costume was different.

Then Erin had an idea. She knew what she could do to help Dinah, but she wasn't sure she wanted to do it. Erin silently prayed for strength to do the right thing. Then,

with a sigh, she put the lovely blue sash back in her bag.

"This is a group dance, not a solo," she told herself.

Erin quickly explained her idea to the other dancers. She was relieved when they all agreed happily.

As the music began and they took the stage, their dance teacher, Mrs. Davis, gave them a quizzical look from the audience. The girls simply smiled at her and moved to the music. They performed the routine flawlessly.

Afterward, Mrs. Davis came backstage. "What happened to your costumes, girls?" she asked. "Weren't you all supposed to be wearing blue sashes?"

"Well," Dinah said, looking gratefully at Erin, "we decided we'd do better if we didn't wear our sashes tonight."

"I'm not sure why it made such a difference, but you were right," Mrs. Davis said. "That was the best performance you've ever given. You girls were really together tonight, just like real dancers."

"Just like real friends," Dinah said.

The girls grinned, throwing their arms around each other's shoulders in a group bow. Erin's smile was the brightest of all. She had discovered that sometimes when you give something up, you find something better. ●







# IN STEP







FROM THE LIFE OF PRESIDENT SPENCER W. KIMBALL

## Reading the Bible

When Spencer was about 14 years old, he went to stake conference. Brigham Young's daughter Susa Gates spoke.

How many of you have read the Bible through?

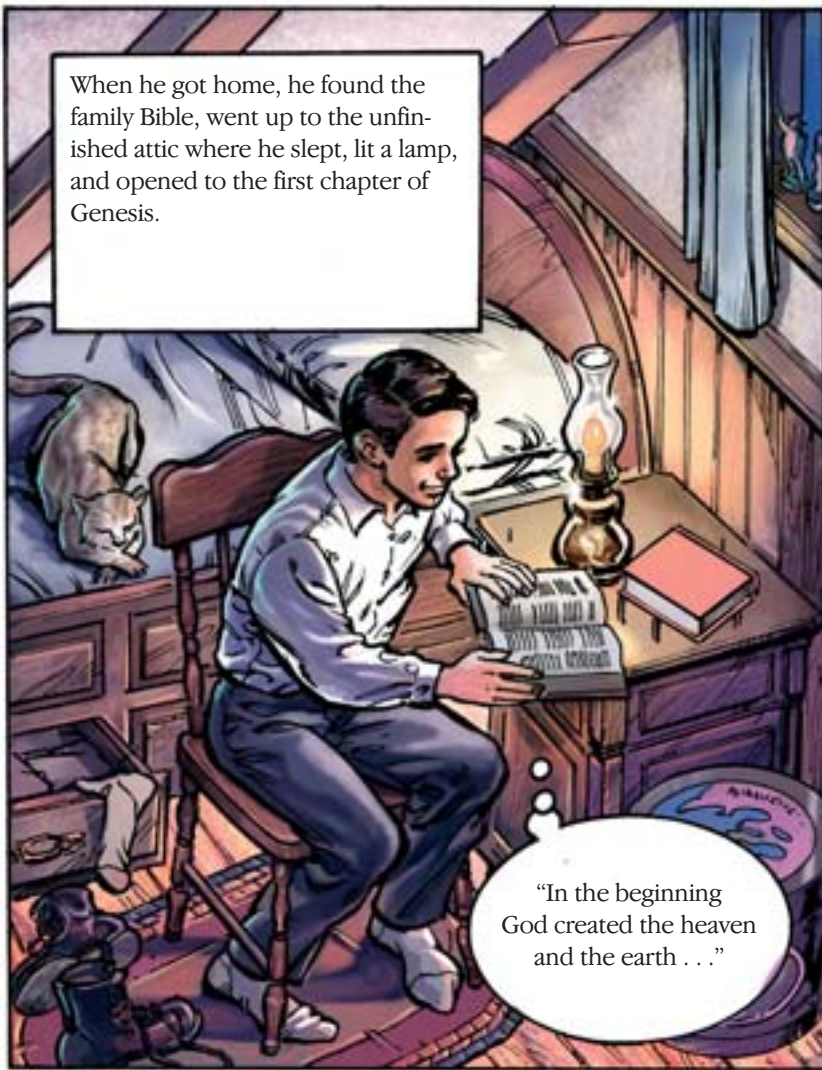
Spencer looked around. There were about 1,000 people in the hall, but only five or six hands went up.

I read the funny papers all the time. I've read so many books, yet I've never read the Holy Bible. Why?

I'm going to read the Bible from cover to cover, like Sister Gates said. I will, I will, I will.



When he got home, he found the family Bible, went up to the unfinished attic where he slept, lit a lamp, and opened to the first chapter of Genesis.



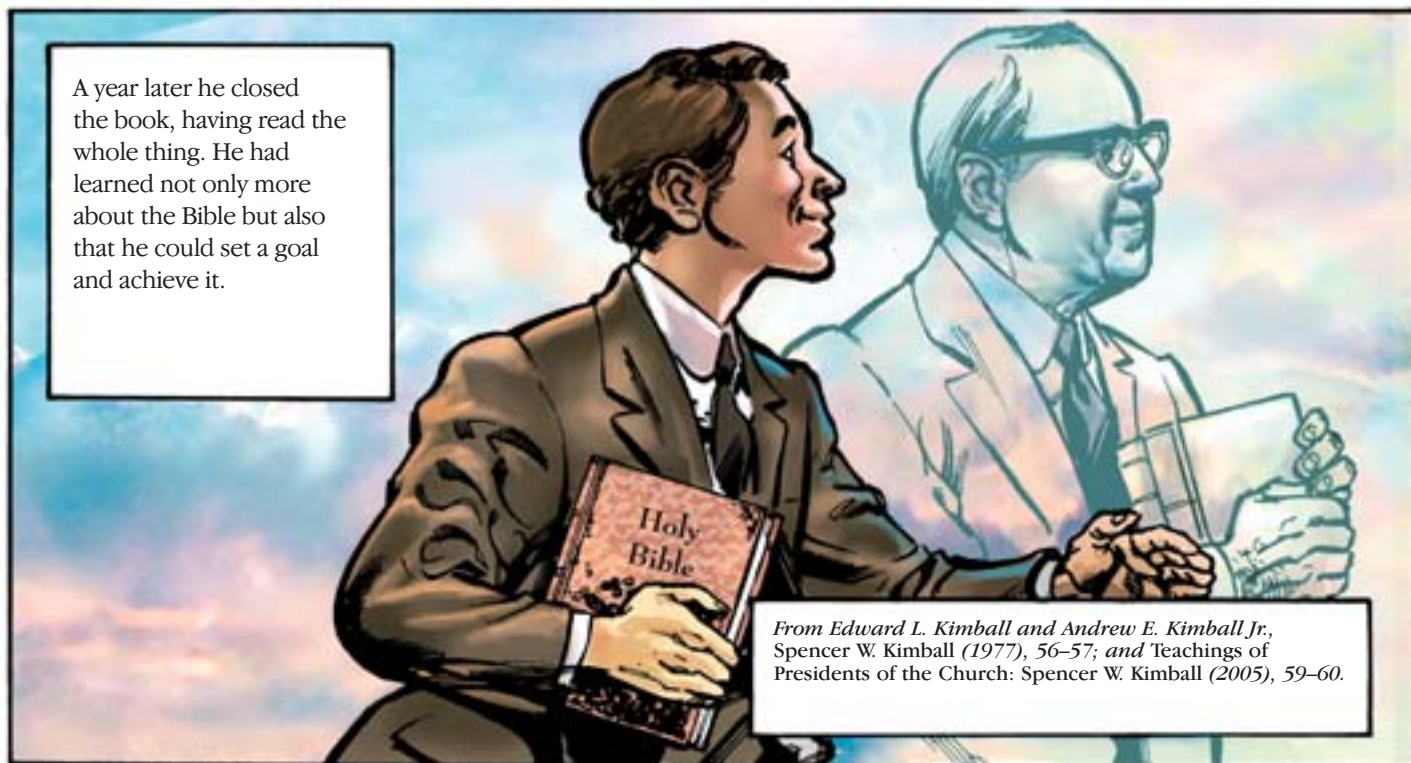
"In the beginning God created the heaven and the earth . . ."

He read every night, even when he was confused by what he read.



I don't really understand this part, but I'm sure it will be worth it to keep reading. At least I'll have some idea of what's in the Bible when I'm finished.

A year later he closed the book, having read the whole thing. He had learned not only more about the Bible but also that he could set a goal and achieve it.



*From Edward L. Kimball and Andrew E. Kimball Jr., Spencer W. Kimball (1977), 56–57; and Teachings of Presidents of the Church: Spencer W. Kimball (2005), 59–60.*





## The Temple Is His House

BY MARLI WALKER

(Based on a true story)

*I love to see the temple. I'm going there someday  
(Children's Songbook, 95).*

Three-year-old Natalee shifted in her car seat trying to get a better look out of the window.

"There it is!" She exclaimed, excitedly pointing her finger. "There's the temple!"

Her mother smiled as she saw the beautiful Manti Utah Temple come into view.

"Mommy, is the temple Jesus's house?" Natalee asked.

"Yes, it is, sweetheart," Mom replied. "Every temple is the house of the Lord."

"Will I see Jesus when I go to the temple?" Natalee asked.

"Some people have seen Him in temples. I don't know if you will, but we can feel His Spirit there."

"Does He talk in the temple?" Natalee asked.

"Jesus does talk. We learn His words through our prophets, the scriptures, and the Spirit."

"I take my scriptures to church on Sunday," Natalee said proudly.

"Yes, you do. The scriptures tell us about Jesus's gospel and how He wants us to live so we can live with Him again."

"Will I live with Jesus someday, Mommy?"

"Yes, but you have a lot of things to do first. When you turn eight years old, you will be baptized and confirmed. Then you will be a member of The Church of Jesus Christ of Latter-day Saints and receive the gift of the Holy Ghost. Someday you will be married in the temple. You also need to be good, kind, and keep the commandments so you can live with Jesus again. We can be with all of our family too. You, Daddy, me, your brothers and sisters, your grandmas and grandpas, and even your cousins can be with us. If we live worthily, we can all live with Jesus Christ and Heavenly Father someday."

"Is the church building Jesus's house too?" Natalee asked a few minutes later.

"Yes," Mom replied. "When we go to church, we learn about Jesus and His commandments."

"My nursery teacher tells stories about Jesus. Is Jesus nice, Mommy?"

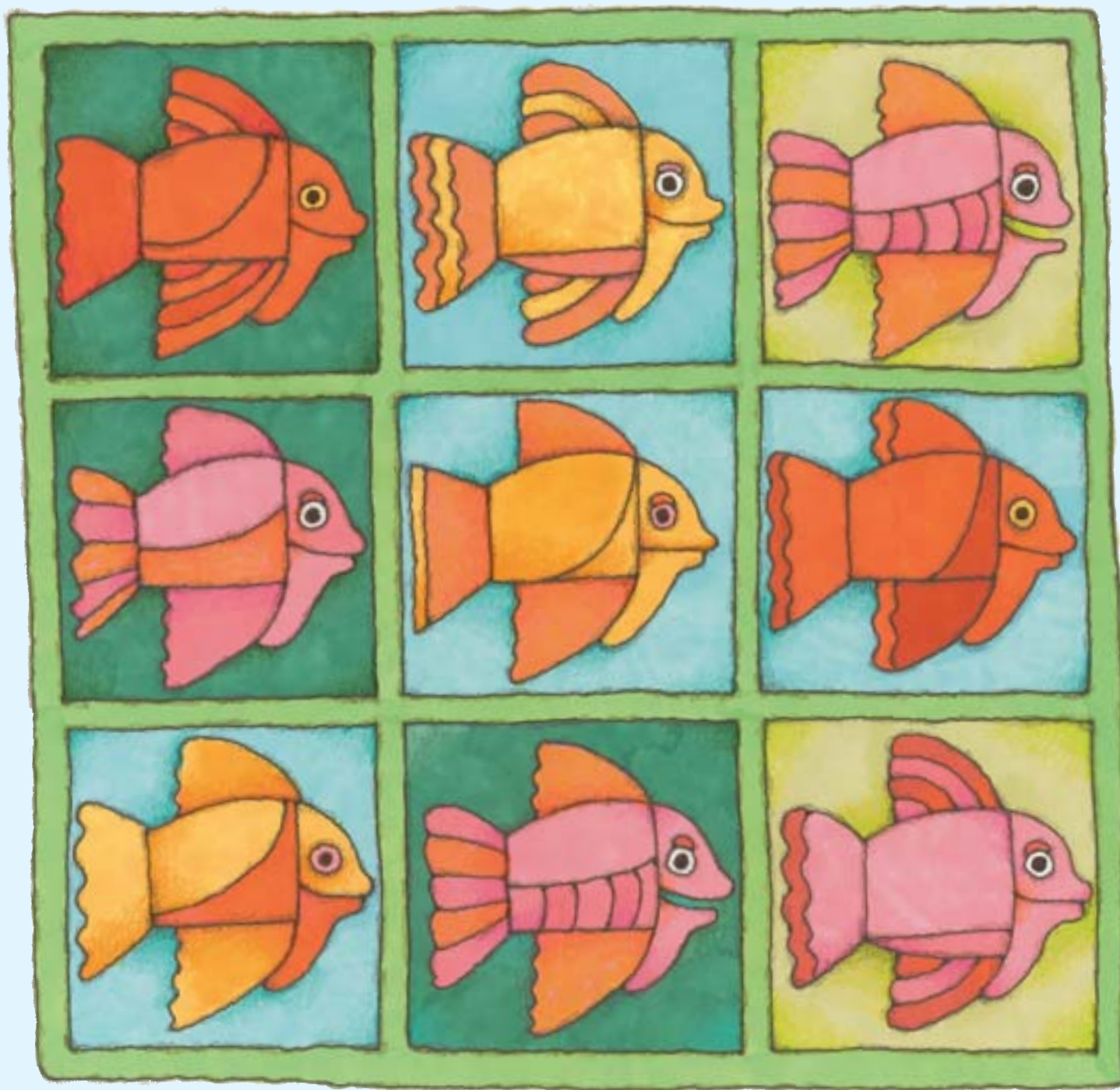
"He is very nice, and He loves you very much."

"I love Jesus's houses," Natalee said.

"I love them too," Mom said. "And I'm thankful for temple blessings."

Natalee smiled a great big smile. Then she opened her arms as wide as she could and said, "I want to give Jesus a great big hug because I love Him too." ●





# Go Fish

BY KIMBERLY WEBB

Jesus Christ fed 5,000 people by multiplying two fish and five loaves of bread (see Matthew 14:16–21). Can you find the two fish that look alike on this page?

Another time Jesus caused Peter to catch so many fish that the boat started to sink (see Luke 5:4–7). For every fish on this page, name a blessing Heavenly Father has given you.





## When I Begin to Pray

BY PAT GRAHAM

I will fold my arms  
And sit so quietly.  
My feet behave and I am still.  
I listen reverently.  
I will bow my head  
And close my eyes this way.  
My spirit needs this quiet mood  
When I begin to pray.

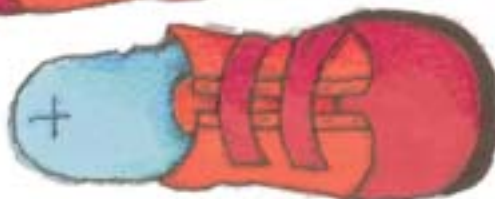
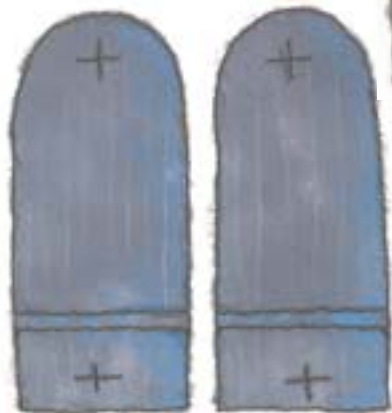
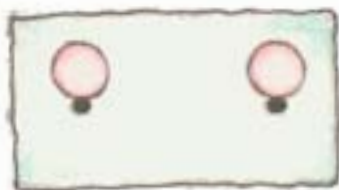
**Instructions:** Glue pages 34–35 to heavy paper. Cut out the verse and set it aside. Cut out the paper doll parts. Poke small holes in the places marked with Xs and then join the body parts together with brass fasteners. Cut out eyeholes in the head. Center the separate eye piece behind the head so the eyes show through the holes. Tape around the edges, leaving

the top open (see illustration). Insert the paper with the tab at the top in the opening in front of the eye piece. Lift the paper up and down to open and close the eyes.

Hold the paper doll in front of you as you recite the verse. Move the paper doll to show the actions as you say them. You could use the verse and the paper doll as a talk, a lesson, or to help your family get ready for prayer.

ILLUSTRATIONS BY PAT HOGGAN











# Only a Prayer Away

BY J. HARVEY HAPI

(Based on a true story)

*Thou shalt make thy prayer unto him, and he shall bear thee (Job 22:27).*

**H**yrum peered over the bookrack and checked to see that his mother was still in the next aisle. When he saw her standing there, he continued to look at the books on display. The crowded Brisbane airport in Queensland, Australia, buzzed all around him like a beehive next to a flowering gum tree.

Suddenly, he heard announced over the intercom, “Passengers for flight QF555 to Sydney, please proceed to Gate 12.”

Hyrum ran into the next aisle, but his mom wasn’t there. He searched the bookstore, but she was gone! Hyrum began to panic and his heart started to beat faster.

He made his way to the crowded corridor, looking up and down for his mom. She was still nowhere in sight.

“Maybe she’s waiting at the gate,” Hyrum thought. He ran as fast as he could, scanning the passengers’ faces as he weaved through them. When he reached Gate 12, he looked over the rows of seats, but his mom wasn’t there either. Out of the corner of his eye, he saw his reflection in the big glass window. Lost and alone, Hyrum began to cry.

As he sobbed, Hyrum suddenly felt a warm impression come over him. He imagined his mother kneeling beside him. He saw the gentleness of her smile and felt the softness of her hand. He remembered what she had told him earlier that morning: “Remember, Hyrum, if we

get separated for any reason, I am only a prayer away.”

Hyrum immediately stopped crying. He closed his eyes. “Heavenly Father,” he prayed silently, “please help me find my mom.”

As he opened his eyes he heard someone say, “Excuse me, young man, are you OK?”

Hyrum looked around and saw a flight attendant looking at him.

“Are you OK?” she asked again.

“I’ve lost my mom,” he replied.

“Don’t worry,” she told him. “We’ll find her.”

An announcement was made over the intercom, and soon Hyrum saw his mom hurrying toward them. He thought she might be angry, but she just hugged him tightly. Then they boarded the plane, and soon they were flying high above the clouds.

As he gazed out the window, Hyrum thought about what had happened. He knew that the Holy Ghost helped him remember what his mom had told him. He could still feel the warmth in his heart as he prayed to Heavenly Father, and he was grateful to know that help was only a prayer away. ●

“Your Father in Heaven knows your name and knows your circumstance. He hears your prayers.”

**Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, “To Young Women,” *Ensign*, Nov. 2005, 28.**



# Friends in the News



**Kaylene M.**, 11, Nova Scotia, Canada, likes dancing, and playing basketball and soccer. She is excited to enter the Young Women program. Her favorite foods are strawberries and pizza.



**Brycen W.**, 4, Utah, is a kind older brother. He likes to ride his bike and sing in Primary. He can name all of the latter-day prophets by looking at their pictures.



**Benjamin E.**, 4, Missouri, enjoys building models with his older brother, Paul. He likes to climb trees, read books, and attend Primary.



**Mallory J.**, 6, Arizona, runs fast wherever she goes. She likes to pray and sing Primary songs about Jesus Christ. She enjoys spending time with her family.



**Debora H.**, 8, Australia, was grateful to be baptized and receive the gift of the Holy Ghost. She likes to visit the library at her mother's work. She likes singing "Nephi's Courage" and "Mary's Lullaby."



**Luis C.**, 10, Texas, says prayer brings us closer to Heavenly Father and helps us obey the commandments. "We shouldn't just talk about living the gospel," he says. "We should do it."



**Dallin B.**, 4, Missouri, enjoys helping people. He likes riding the bus to school, racing toy cars with his brother, playing soccer, and pretending to be a fire-fighter. His favorite Book of Mormon hero is Nephi.



**Kamberli Diane P.**, 6, California, likes singing and making up her own songs. She helps her mom around the house and enjoys playing with her two younger sisters.



## Seven Hills Ward

As part of an activity on service, the Primary children in the Seven Hills Ward, Arapahoe Stake, in Colorado made hygiene kits for the Church Humanitarian Center. Ward members donated items, and the children were able to assemble 84 kits.



**Albina and Cammi C.**, 11 and 9, North Carolina, lived in an orphanage in Russia before they were adopted in 2004. They were eager to be baptized and confirmed members of the Church. Cammi is energetic and likes to put things together. Albina enjoys school and gymnastics.



**Genieva B.**, 5, Virginia, was inspired by her Primary leaders and family to memorize the Articles of Faith. She said she wanted to memorize them "because they were written by a prophet—the Prophet Joseph Smith!"



Twins **Cameron and Christian D.**, 5 and 5, Utah, were "future missionaries" in their Primary program. They like to help their mom and dad in the house and yard. They love to learn and play.



**Luke Shaffer S.**, 4, Japan, likes to sing and draw, and play with his three older brothers and older sister. His smile makes the people around him happy.





#### Providence Utah Stake

For an activity day, more than 90 Primary girls and leaders in the Providence Utah Stake made more than 2,000 wooden toy blocks to donate to the Church Humanitarian Center. The blocks will be sent to orphanages around the world. The girls also sewed bags to put the blocks in. They felt a joyful spirit as they worked together in serving others.



#### Dawson Creek Ward

The Primary children in the Dawson Creek Ward, Hillsboro Oregon Stake, wanted to help children in Africa who need food. They collected pennies, nickels, and dimes every week in Primary, and called it "Sing for the Children." The more they sang, the more donated pennies the chorister added to the jar. At the end of the year, they donated the money to the Church Humanitarian Aid Fund.



**Meredith G.**, 10, Oklahoma, likes to sing, play the piano, read, and make crafts. She is a great older sister, and is learning to babysit and cook.



**AlohiAkala K.**, 11, Hawaii, is a loving sister. She likes to draw, play the piano and clarinet, go to school, and write to her brothers serving missions. She is working on her goal to read the Book of Mormon.

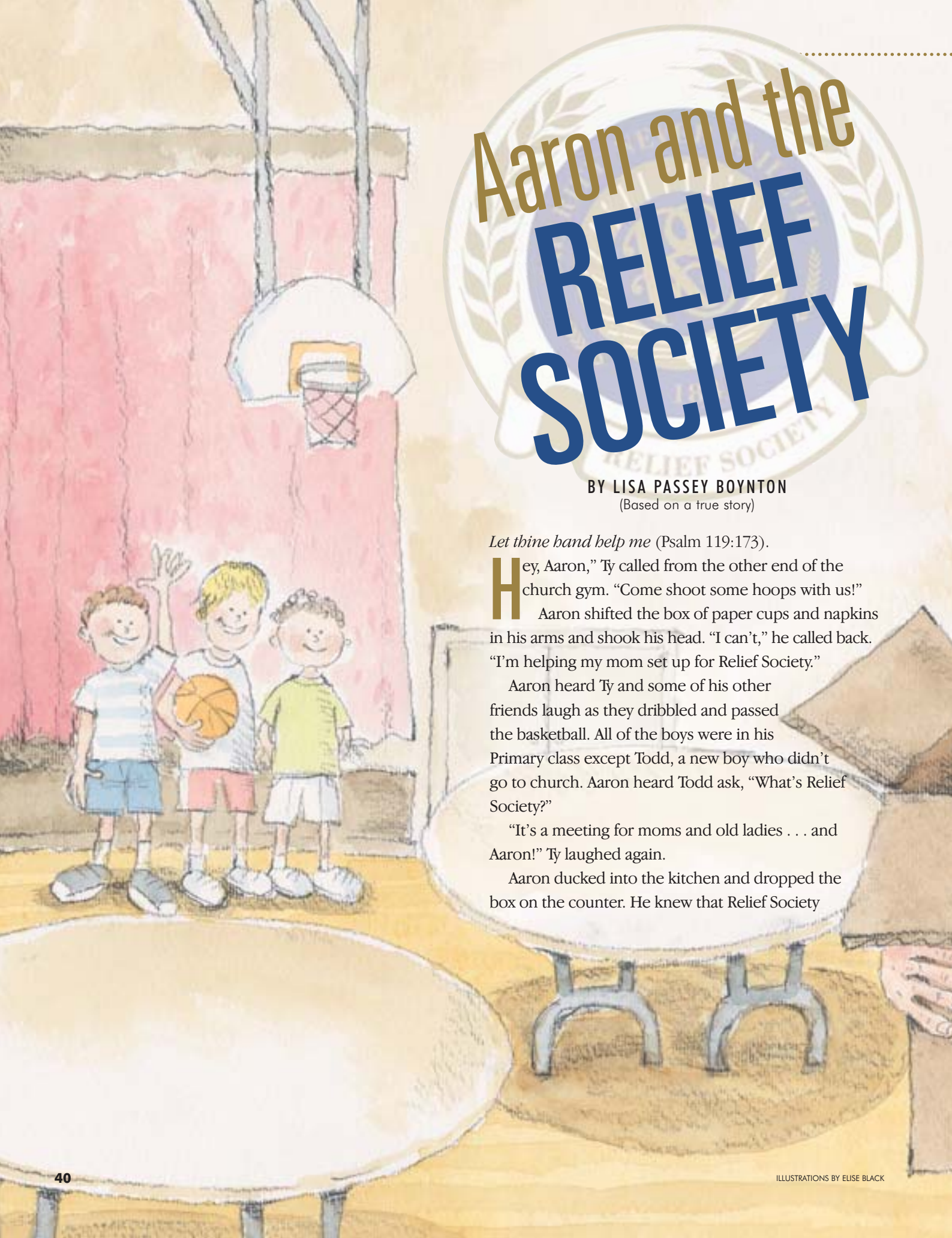


**Sam S.**, 7, Wyoming, is a good example to those around him. He is excited to serve a mission someday. He likes to fish, wrestle, and ride his bike and 4-wheeler.



Twins **Shanna Jasmine** and **Sabrina Jade C.**, 3 and 3, Texas, are living in South Korea for two years because of their dad's work. They offer to say prayers and like going to church and Primary. Their favorite songs are "I Am a Child of God" and "Popcorn Popping." They love their mom and dad and puppies.





# Aaron and the RELIEF SOCIETY

BY LISA PASSEY BOYNTON  
(Based on a true story)

*Let thine hand help me (Psalm 119:173).*

**H**ey, Aaron,” Ty called from the other end of the church gym. “Come shoot some hoops with us!” Aaron shifted the box of paper cups and napkins in his arms and shook his head. “I can’t,” he called back. “I’m helping my mom set up for Relief Society.”

Aaron heard Ty and some of his other friends laugh as they dribbled and passed the basketball. All of the boys were in his Primary class except Todd, a new boy who didn’t go to church. Aaron heard Todd ask, “What’s Relief Society?”

“It’s a meeting for moms and old ladies . . . and Aaron!” Ty laughed again.

Aaron ducked into the kitchen and dropped the box on the counter. He knew that Relief Society





wasn't just for moms and old ladies, and it wasn't just a meeting either. When his mother was in the hospital, Relief Society sisters brought delicious meals to his family. They also served his family a luncheon after his grandfather's funeral. Mom had explained that the Relief Society also helps the bishop care for the sick and poor in the ward. Aaron enjoyed helping Mom with Relief Society activities because he always had a good feeling afterward, and he often got to sample the leftover treats.

But he didn't have a good feeling right now. He didn't like being laughed at. "Mom, can I go play with Ty and the other guys?" he asked.

"I'm counting on you, Aaron," Mom said. "I really need you to put chairs around the tables."

Grumbling to himself, Aaron shuffled over to the rack of chairs against the wall. He lifted one off the top, and the one below it clattered to the hardwood floor.

Some of the boys laughed, but Todd said, "Why don't we go help him?"

Ty shot the basketball and missed. "No way," he said,



chasing down the ball. “We only have the gym for five more minutes. I’m not going to waste my time on Relief Society.”

Aaron unfolded more chairs and arranged them around the tables. Brother Brown arrived to help, and soon the two of them had completed the job. But Aaron knew that he wasn’t finished. Mom handed him a stack of tablecloths and paper napkins. He turned away from the boys at the other end of the gym and concentrated on getting the tablecloths straight. Brother Brown and several Relief Society sisters worked around him, setting the tables and making everything look nice. Aaron took a pitcher of water and started to fill the paper cups at each place, when suddenly a basketball crashed into the table, spilling water everywhere.

Ty ran over to retrieve the ball just as Aaron’s mother came out of the kitchen. “It’s time for you to go so we can have our meeting,” she told Ty.

Ty picked up the ball and dribbled it at his side. “Ah, come on, Sister Dean, we won’t bother you. We’ll just play at that end while you have your meeting over here.”

“Sorry, Ty,” she said. “It’s our turn now. You boys will have to leave.” She turned and walked back into the kitchen.

Aaron mopped up the spilled water with a wad of napkins. Ty was still standing there looking stubborn,

bouncing the ball up and down. Aaron didn’t want to argue with his friend, but he didn’t want to let Mom down either. He offered a quick and silent prayer.

“Listen, Ty,” he said with a smile. “Why don’t you guys help me finish, and then we can go outside and play basketball before it gets too dark. The Relief Society is having brownies and ice cream afterward, and my mom might give us some if we help out.”

Ty looked around and the other boys waited to see what he would do. Aaron took the pitcher of water and pointed at the empty cups. “If we all take a table, we’ll get done fast.”

Later, Aaron’s mom brought brownies and ice cream outside for the boys. “I want to thank you guys for helping out tonight,” she said. “It sure made my job a lot easier.”

Todd took a spoonful of ice cream and grinned. “This is your job?” he asked. “Where do I sign up?” ●

“The greatest satisfaction we find in this life is not that which is done for self but that which is given for the benefit of another.”

Elder L. Tom Perry of the Quorum of the Twelve Apostles, “Unseen Service,” *New Era*, Dec. 2002, 6.







Say good-bye to winter with these sunny island recipes. Prepare them as a family and enjoy dinner together.

# Kitchen Krafts

## Polynesian Meatballs

- 1 12-ounce (340-g) can evaporated milk**
- 1/4 cup chopped onion**
- 2/3 cup saltine cracker crumbs**
- 1 teaspoon seasoned salt**
- 1 1/2 pounds (.68 kg) ground beef**
- 1 20-ounce (567-g) can chopped pineapple**
- 2 tablespoons cornstarch**
- 1/2 cup cider vinegar**
- 2 tablespoons soy sauce**
- 2 tablespoons lemon juice**
- 1/2 cup brown sugar**

1. Combine the evaporated milk, onion, cracker crumbs, and seasoned salt in a bowl. Crumble the beef over the mixture and mix well.

2. Shape the mixture into 1-inch (2.5-cm) balls and brown them in a skillet over medium heat. Remove and keep warm. Drain skillet.

3. Drain the pineapple, reserving the juice. In another bowl, combine the pineapple juice, cornstarch, vinegar, soy sauce, lemon juice, and brown sugar until smooth. Pour the mixture into the skillet and bring to a boil. Cook and stir until thick. Add meatballs. Reduce heat and cover. Simmer for 15 minutes. Add pineapple bits and heat through.

## Hawaiian Haystacks

- 2 10-ounce (283-g) cans cream of chicken soup**
- 1 1/2 cups milk or water**
- 2 cups chicken, cooked and cubed**
- 5 cups cooked rice**
- toppings of your choice (may include grated cheese, pineapple, mandarin oranges, peas, green peppers, tomatoes, coconut, chow mein noodles, celery, cashews, green onions, olives, slivered almonds, water chestnuts, etc.)**

1. Combine soup and milk or water in a saucepan. Add the chicken and simmer for 8 to 10 minutes until heated through.

2. Place a serving of rice on each serving plate. Pour chicken gravy on top. Stack ingredients of your choice on top of the rice.

Makes 8 servings.

## Tropical Coconut Cake

- 1 box yellow cake mix**
- 1/2 cup powdered sugar**
- 8 ounces (227 g) cream cheese, softened**
- 8 ounces (227 g) whipped topping**
- 8 ounces (227 g) crushed pineapple, drained coconut to taste**

1. Prepare and bake a sheet cake according to package directions. Let cool.

2. Mix powdered sugar and cream cheese. Add the whipped topping and pineapple. Spread the mixture over the cake and sprinkle with coconut.







BY JANE MCBRIDE CHOATE

(Based on a true story)

*Thou shalt do that which is right and good in the sight of the Lord* (Deuteronomy 6:18).

Janelle could hardly wait until Trisha's birthday party on Friday night. Trisha was turning 11. The invitation promised games, refreshments, and a video. It was the last party of the school year before Janelle's friends went their separate ways for the summer.

Janelle was the first to arrive at the party. Once all the girls had arrived, Trisha led them to the family room. Crepe-paper streamers decorated it.

After they had birthday cake and Trisha opened her presents, she pulled out the video. "Look what movie I have. My big brother rented it."

Janelle recognized the video as an R-rated movie. In family home evening, her parents had talked about the right and wrong kind of movies. She knew if she stayed to watch it, she would be going against the standards they'd tried to teach her and against the teachings of the prophet. President Hinckley had spoken out against seeing bad movies. Then she thought of the promises she'd made at the time of her baptism.

"I'm sorry," she quietly said to Trisha, "but I can't watch this. I think I'd better call my mom. She'll come to get me."

The disappointment in Trisha's eyes nearly caused Janelle to change her mind. Then she remembered her parents' counsel that if she ever felt uneasy or worried in a situation, she should call them and they would come for her. She found Trisha's mom in the kitchen.

"Mrs. Powers, can I call my mom?" Janelle asked.

Mrs. Powers looked up from where she was putting plates in the dishwasher. "Is anything wrong?"

Janelle didn't want to get Trisha in trouble, but she knew she couldn't stay at the party. She explained about the movie. Trisha's mom looked troubled. After she showed Janelle where the phone was, she hurried downstairs. Janelle called and told her mother what was going on.



"I'll be there in 10 minutes," her mother said.

Just then, Trisha and the other girls trooped upstairs. "We aren't going to watch the movie," Trisha told Janelle. "Please don't leave."

The rest of the girls nodded in agreement.

"I thought it'd be cool to watch that movie, but I knew it wasn't right," Trisha added, her face reddening. "We thought we'd play some games."

Janelle grinned. "Let me call my mom back before she leaves and tell her I'll be staying after all."

"Thanks, Janelle," one of the other girls said. "If it hadn't been for you, the whole party would have been ruined."

Standing up for what she believed hadn't been easy, but Janelle was glad that she had.

Trisha threw her arms around Janelle's neck. "Thanks for staying. The party wouldn't have been the same without you."

Janelle hugged her friend back. ●

"To our young people, . . . I say, be true. Hold to the faith. Stand firmly for what you know to be right."

President Gordon B. Hinckley, "An Ensign to the Nations, a Light to the World," *Ensign*, Nov. 2003, 83.





# Trying to Be Like Jesus

*He that followeth me shall not walk in darkness, but shall have the light of life (John 8:12).*

## CTR Rings in the Principal's Office

By Rebeca F.

**O**ne day at school before I was eight, they were inspecting our hands and nails to see if they were clean, and the principal saw my CTR ring ("HLJ" in

Spanish). After the principal checked the rest of my row, she came back to me and said, "Rebeca, come with me to the principal's office."

Then she said to my teacher, "Can I take Rebeca for a while?"

In her office, she asked me what the ring meant. I said, "Choose the right." I explained that at church they teach us to do good, pray, and read the scriptures. She asked which church I

went to, and I said, "The Church of Jesus Christ of Latter-day Saints." Then she asked me what that church was about, and I told her about Joseph Smith going into a grove to pray and seeing the Father and the Son. I told her about going to the temple to be sealed to my parents and that I would be baptized when I was eight. She said, "You can tell me more later."

Later I took the principal a copy of the Book of Mormon with my testimony inside.

I have a goal to be a missionary when I grow up. But right now I am trying to share the gospel with my friends.

*Rebeca F., age 12, Guatemala*



## Sweet-smelling Service

By Wendy V.

**A**s a family service project, Jessica and Rebecca V. made about 90 sweet-smelling potpourri bags for elderly people in local nursing homes. With the help of their mom they cut the fabric, sewed and filled the bags, and decorated them with yarn. The girls felt really happy



about the project and are looking forward to the next one.

*Jessica and Rebecca V., ages 6 and 5, with their baby sister, Christina, New Jersey*

## A Close Call

By Meagan T. W.

**O**nce I was helping my brother clean his room. He got frustrated with me and threw his soccer cleats at me. That made me angry. Later, when we were in our pajamas, I noticed a tan spot on my brother's



shoulder. I looked closer and saw that it was a scorpion! I remembered the soccer cleats and wondered if I should tell him about the scorpion or not. I decided not to, but then I thought, "He is my brother, no matter what." So I told him and told my mom too. She flicked the scorpion off his shoulder. I'm glad I made the right choice.

*Meagan T. W., age 11, Arizona*

## Extra Pound

By Sammy W. with help from his mummy and daddy



**O**ne Sunday morning before church I was playing our piano. I decided to open the piano top to watch the hammers move. When I lifted the top, a large glass vase full of flowers fell off the piano and crashed to the floor. My mom came running to find out what had made such a loud noise. She was unhappy when she saw that her new vase had been broken.

She asked me if I had done it. At first I said "No," but then I said "Yes," because I knew it was the right thing to do. I asked my mum how much the vase cost, and she told me two pounds. But she said that I only needed to give her one pound to help buy a new one. I went upstairs to my room and got the money out of my piggy bank. I gave her a one-pound coin and then surprised her by hiding another one for her to find. I felt good when I told the truth and paid for the new vase. It made Mum happy too.

I want to be like Jesus every day and give more than people ask of me.

*Sammy W., age 6, England*





**My faith in Jesus Christ grows when I follow  
His example and keep His commandments.**

“Follow me, and do the things which  
ye have seen me do” (2 Nephi 31:12).



## Guide to the Friend



*The Guide to the Friend can help you find stories or articles for preparing lessons or talks for church or for family home evening. The Primary theme for March is "My faith in Jesus Christ grows when I follow His example and keep His commandments."*



## Family Home Evening Ideas

*Look for the FHE symbol on the pages mentioned below.*

### 1. Have you ever felt angry?

Why? Read President Gordon B.

Hinckley's message "Be More Forgiving" (pp. 2–3).

Victoria Ruvolo had a reason to feel angry, but she chose to be forgiving instead. Discuss "Things to Think About" (p. 3). Decide how to respond the next time you are tempted to be angry.

2. Read "Cannon's Commitment" (pp. 10–12). What are some commitments other people may expect you to keep? Write on slips of paper commitments you have made to Heavenly Father. It is good to be reliable and keep all our commitments whenever we can, but we must keep promises to Heavenly Father first. Draw a diagram of a baseball diamond on a piece of paper. Give each family member a game piece, such as a button. Let each person draw from the stack of papers and discuss how they will overcome obstacles to keep that commitment. Then move the game piece to first base. The next player repeats the process, and the first player moves to second base. Play until all family members have reached "home plate." Point out that keeping our covenants will guide us home to Heavenly Father someday.

3. Look at the poster "Let Learning Lift You" (pp. 24–25). Has learning made you happier or introduced you to something new that you enjoy? Draw a picture of a kite with ribbons along the string. Write on the

kite one of your future goals. Write on the ribbons smaller goals that can help you reach your big goal. Like the children on the poster or a kite on the wind, imagine yourself soaring toward your goals!

4. For this family home evening, let family members choose the song, activity, and treat—but each person must pick *another family member's* favorite, giving a small sacrifice to brighten someone else's day. For the lesson, read "In Step" (pp. 28–29). Discuss how making sacrifices can help us feel more love and unity.

5. Plan a tropical party for your family. Cooperate to make the Kitchen Kraft recipes (p. 43). Tell everyone to come wearing summer vacation clothes. As you eat, talk about your favorite family memories. After dinner, draw postcards from a tropical destination and write notes to each other saying why you love spending time together.



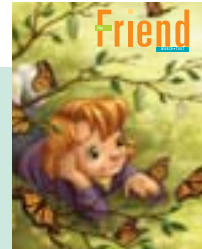
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**Send children's submissions to *Friend* Editorial, 50 E. North Temple St. Rm. 2430, Salt Lake City, Utah 84150-3220, United States of America, in care of the appropriate department—Our Creative Friends, Friends in the News, Friends by Mail, Trying to Be Like Jesus. Submissions will not be returned. A written statement by a parent or legal guardian granting permission to publish the child's photo and submission must be included.**



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## page 28

Find out how Erin's dance team gives a great performance.

