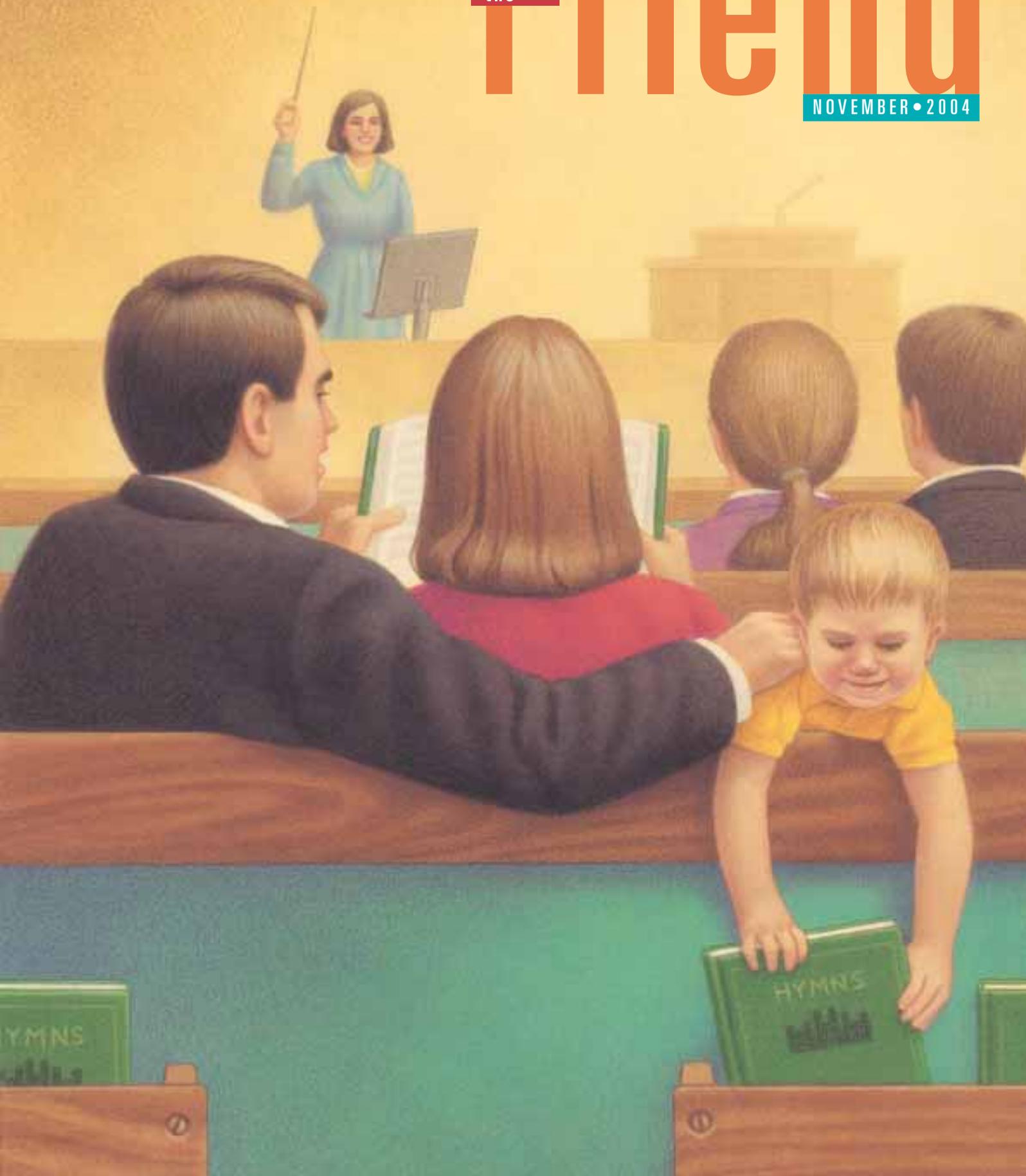


the Friend

NOVEMBER • 2004



Friends by Mail



Fasting for Dad

Last Sunday I decided that I wanted to try to fast for the first time. My dad is a pilot in the Air Force, and he had been gone for two months flying over Afghanistan and Iraq. I really miss my dad when he is gone for so long. He was finally scheduled to start his trip home, but his connections for the military flights were not working out, so he was going to be a week late coming home. I told my mom that I was going to fast for my dad so he would be safe and be able to come home on time—something my dad said was impossible.

It was really hard to fast, but I knew I was doing it for a good reason, and that made it easier. We were so excited to get the news that my dad made the connection he thought would be impossible to make. He was able to come home on time, and he was safe—just what I had fasted and prayed for.

Hunter Johnson, age 7
Penn Valley, California

My Baptism

I was baptized on 17 December, and I was more excited for my baptism than for Christmas. It was special because I was baptized the same day as my mom, and my dad baptized me. My best friend's mom gave a really special talk. When I was getting baptized, I had a really warm feeling inside. After I was confirmed I felt better than I have ever felt before.

Kylee Leftwich, age 10
Springville, Utah



Surgery Blessing

I had to get my tonsils and adenoids removed and have tubes placed in my ears. The day before my surgery I started feeling nervous. My dad asked two other men to come over that night, and they helped my dad give me a blessing so that I would be OK. After the blessing I felt better. I made it through my surgery well the next day and got to come home right afterward. I am thankful that my dad has the priesthood so he can help people when they need it.

Abbey Hancock, age 10
St. George, Utah



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Cover by Steve Kropp

the **friend**

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



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

HIDDEN CTR RING

Fili ki he Totonú
means "choose the
right" in Tongan. As you
look for the Tongan CTR
ring hidden in this issue,
think of ways to show
gratitude to Heavenly
Father and others.





TAKE NOT THE NAME OF GOD IN VAIN



President Hinckley reminds us to speak only uplifting words so that we can honor God and be an example to others.

BY PRESIDENT GORDON B. HINCKLEY

There is an evil and growing habit of the use of filthy language. The taking of the Lord's name in vain is a most serious matter.

When I was in the first grade, I experienced what I thought was a rather tough day at school. I came home, walked in the house, threw my book on the kitchen table, and let forth [some bad words] that included the name of the Lord.

My mother was shocked. She told me quietly, but firmly, how wrong I was. She told me that I could not have words of that kind coming out of my mouth. She led me by the hand into the bathroom, where she took from the shelf a clean washcloth, put it under the faucet, and then generously coated it with soap. She said, "We'll have to wash out your mouth." She told me to open it, and I did so reluctantly. Then she rubbed the soapy washcloth around my tongue and teeth. I sputtered and fumed and felt like

swearing again, but I didn't. I rinsed and rinsed my mouth, but it was a long while before the soapy taste was gone. In fact, whenever I think of that experience, I can still taste the soap. I have tried to avoid using the name of the Lord in vain since that day. I am grateful for that lesson.

If you have the habit, how do you break it? You begin by making a decision to change. The next time you are prone to use words you know to be wrong, simply stop. Keep quiet or say what you have to say in a different way. As you practice such restraint, it will become easy.

Remember that it is the same voice which prays to the Lord on the one hand which, on the other hand, may be [tempted] to speak language foul and filthy.

Don't swear. Don't profane. Avoid so-called dirty jokes. Stay away from conversation that is sprinkled with foul and filthy words. You will be happier if you do so, and your example will give strength to others. ●

From an October 1987 general conference address.





The First Thanksgiving

Thou shalt thank the Lord thy God in all things (D&C 59:7).

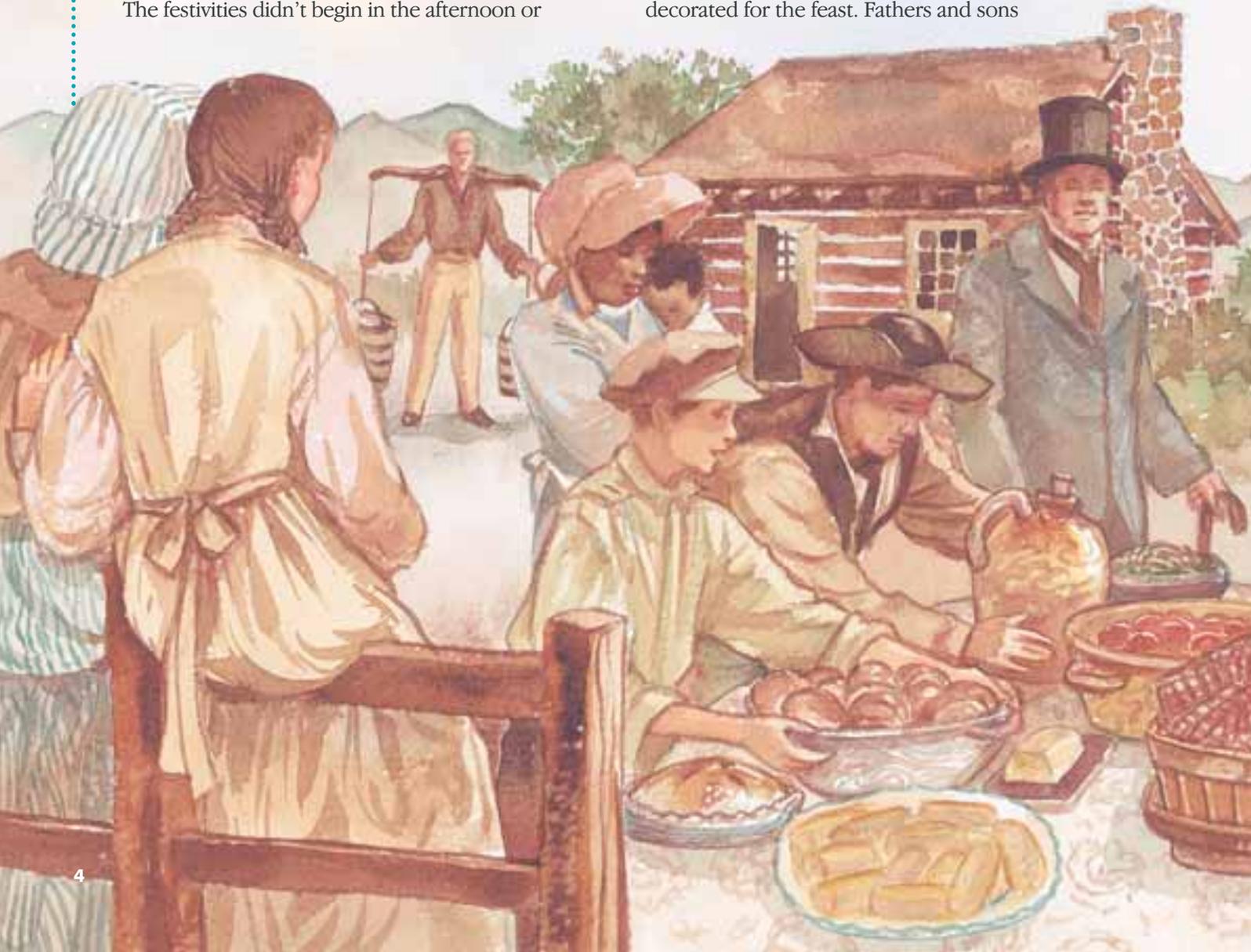
BY PATRICIA REECE ROPER
(Based on "Utah's First Thanksgiving,"
Ensign, Oct. 1982, 49–51)

Thursday, 10 August 1848 dawned warm and bright all over the Salt Lake Valley. After a harsh year, the prospect of a good harvest had revived the spirits of the Latter-day Saints, and everyone wanted to set aside a day for Utah's (then called the State of Deseret) first Thanksgiving. The festivities didn't begin in the afternoon or

evening, as they do now, but in the morning. Many children were up early. The girls helped their mothers prepare

cakes, pies, and other pastries. The boys helped pull beets and carrots and cleaned cucumbers, radishes, and beans—all soon to be part of the wonderful feast.

Large baskets filled with pastries were placed under a large bowery (an open-sided building) on tables decorated for the feast. Fathers and sons





in Utah

proudly pulled carts heaped high with garden vegetables. Even the youngest Saints gathered at the bowery, each bringing so much food they almost couldn't carry it all.

At nine o'clock sharp, a hush fell over the crowd. The festivities began solemnly, as a white flag was raised on a Liberty Pole decorated with sheaves of wheat, barley, oats, and a single ear of green corn. As the flag crept up the pole, a cannon was fired and the band began playing. When the flag reached the top of the pole, the



people cheered loudly and cried out in unison, “Hosanna to God and the Lamb, forever and ever, amen.”

The Saints then stood and sang “Harvest Song,” written by Parley P. Pratt especially for the occasion. The voices of the Saints were strong and unified as they sang the chorus:

*“Let us join in the dance, let us join in the song.
To thee, O Jehovah, the praises belong.
All honor, all glory, we render to thee;
Thy cause is triumphant, thy people are free.”*

After the song, several prominent leaders took turns giving speeches about how the Lord had blessed them in allowing this joyful harvest. After the speeches, Elder John Taylor (who later became the third President of the Church) offered a Thanksgiving prayer of praise and blessing on the food.

At noon, a bugle sounded, and several hundred Saints sat down to a wonderful dinner of bread, beef, cheese, green corn, melons, lettuce, radishes, beets, onions, peas, carrots, cucumbers, parsnips, squash, and beans. After that, those who could find room enjoyed cakes, pies, and pastries.

At two o’clock, the bugle sounded again. The tables were cleared and the benches removed, making room for dancing. As the band played, as many as 50 couples at a time danced the Virginia reel and quadrilles (a kind of square dance).

The day had been such an enormously successful event, surely you would think that a grand tradition had been started. But, strangely, that wasn’t what happened. The quickly-growing population made it impractical to have another citywide feast. Three years after the first celebration, in the fall of 1851, President Brigham Young, then governor of the Territory of Utah, proclaimed 1 January 1852 a “Day of Praise and Thanksgiving.” President Young asked the Saints to spend the day as families, joyfully, thankfully, and prayerfully, “in response to the time-honored custom of our fathers at Plymouth Rock.” It became a day for Saints to share their hearts with one another and with God and share their substance with the poor. Today many people celebrate Thanksgiving in different ways and on different dates, but the spirit of love and gratitude celebrated by the early pioneers remains the same. ●

Patricia Reece Roper is a member of the Leamington Ward, Delta Utah Stake.





Gratitude

BY REBECCA M. TAYLOR

I'm grateful for the sunshine's rays
That brighten each new day.
I love the peace that always comes
At nighttime when I pray.
I'm grateful for the robin's song
When days are long and warm.
I love, when autumn fades, to hear
The winter wind perform.
I'm grateful for the busyness
That every weekday brings.
I love, on Sunday, to sit still
And think of holy things.

Service *and* *the* Sabbath



From an interview with Elder William W. Parmley of the Seventy, currently serving in the Africa Southeast Area Presidency; by Kimberly Webb

Choose ye this day, to serve the Lord God who made you (Moses 6:33).

When my wife was a little girl, she often prayed for the mother of the man she would someday marry.

She prayed that his mother would teach him the gospel and prepare him to be a righteous husband. I think her prayers were answered! My mother was a great influence in my life. For 25 years, she was the editor of the *Children's Friend*, as it was called in those days. I used to watch her edit the articles. Sometimes I went with her to the Primary offices and sat in a corner, reading a book, while she held a meeting. As I watched her serve, I came to understand that the Church is true. She worked harder for no pay than most people work to earn a living. Her testimony showed through her actions and efforts.

My father was pretty extraordinary, too. He was a professor of physics at the University of Utah, and the

greatest thing he taught me is that science and religion aren't opposites, as some people seem to think. They are merely different ways of looking at things. Because of



his example, I studied physics when I went to college.

I attended Harvard University, a very challenging school. Having gotten straight As all my life, I expected to do well. I was shocked when my first paper came back with a D on it! I found out that most students there had attended preparatory schools. I had attended a regular high school and was about two years behind them in preparation.

The pressure to study on Sunday was enormous. Almost everyone else did. Finally, a group of us Church members decided that we would keep the Sabbath day holy and not study on Sundays. I can still remember how strongly we felt the Spirit on those days. We charged our spiritual batteries, and it carried us through the week. As a result, my grades went up, and I graduated with the highest honors in physics.

For most people in our culture, the Sabbath is a holiday, not a holy day. Instead of attending church, they visit the “church of the cabin,” “the church of the boat,” or perhaps “the church of football.” The Sabbath can be a special day for all of us if we use it appropriately.

One of the things we should do on Sundays is study the scriptures. They can guide us and influence our decisions. For me, Mosiah 2:17 had a great impact: “When ye are in the service of your fellow beings ye are only in the service of your God.” Reading this scripture helped me decide to go to medical school and become a doctor. Serving is a very special thing to do because it builds bonds of friendship and love.

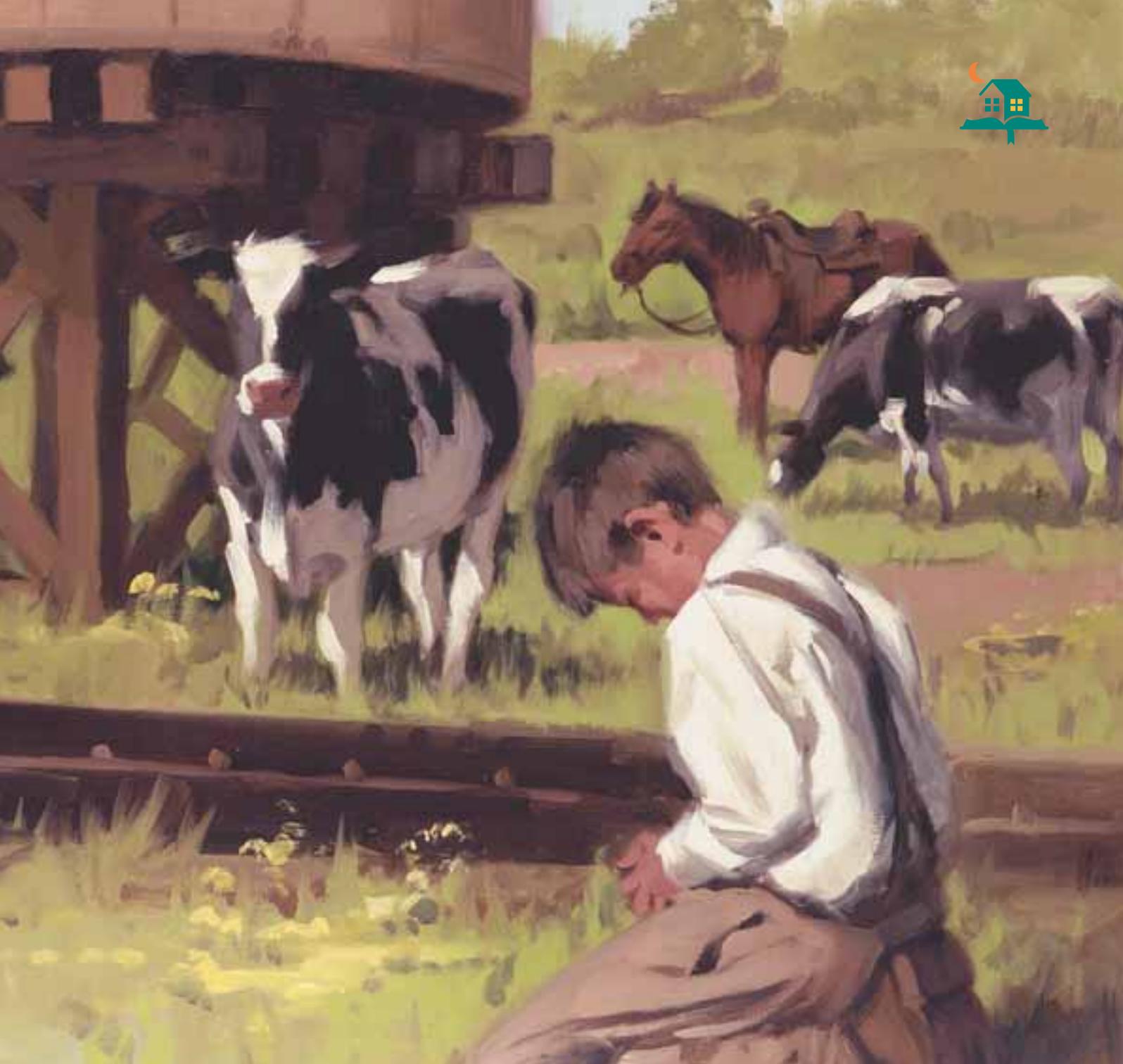
The Lord calls us to serve Him in different ways. I have had wonderful and amazing experiences demonstrating that callings *do* come from the Lord. Sometimes I have known in advance, by the Spirit, what callings I would receive. I have helped organize new stakes, and every time, the Lord makes it clear who the new stake president should be. Whatever callings you may receive in your life, plan now to accept them. Callings truly come from the Lord. You’ll have wonderful experiences serving Him and those around you. ●

Top: Elder Parmley with his wife, Shanna
Center: With his wife and their family on their daughter Ann’s wedding day
Bottom: Being held by his sons during a family Father’s Day celebration





My Prayer Was Answered



BY THAD A. CARLSON

(Based on an experience of the author)

Make haste to help me, O Lord my salvation

(Psalm 38:22).

As a boy, I had a lot of chores to do. With 13 brothers and sisters, there was plenty of work to go around. One of my jobs was to ride our horse, Old Smoky, and herd the cows to pasture. The only problem was that there wasn't much green grass for the cows to

graze on. It hadn't rained for some time, and the land was dry and dusty.

One day, I noticed a patch of green grass growing beside the train tracks, underneath the railroad water tower. "I bet the cows will like that," I thought. I

clucked to Old Smoky. “C’mon, boy.”

Old Smoky was smart, and as long as I was riding him, he did what I wanted him to with very few instructions. But if he ever escaped, it was tricky to catch him. He liked running free and avoided being put to work.

When the cows were all busy nibbling next to the tracks, I slid off Old Smoky and sat on his reins so he couldn’t get away. Soon I was busy making necklaces out of snakeweeds, and I didn’t notice the reins slip out from under me as Old Smoky wandered away.

Suddenly, I heard a heart-stopping sound—the

whistle of a big, black locomotive. I looked up to see the cows scattered all over the tracks. My family was very poor, and I knew that if any of our cows were killed it would mean disaster.

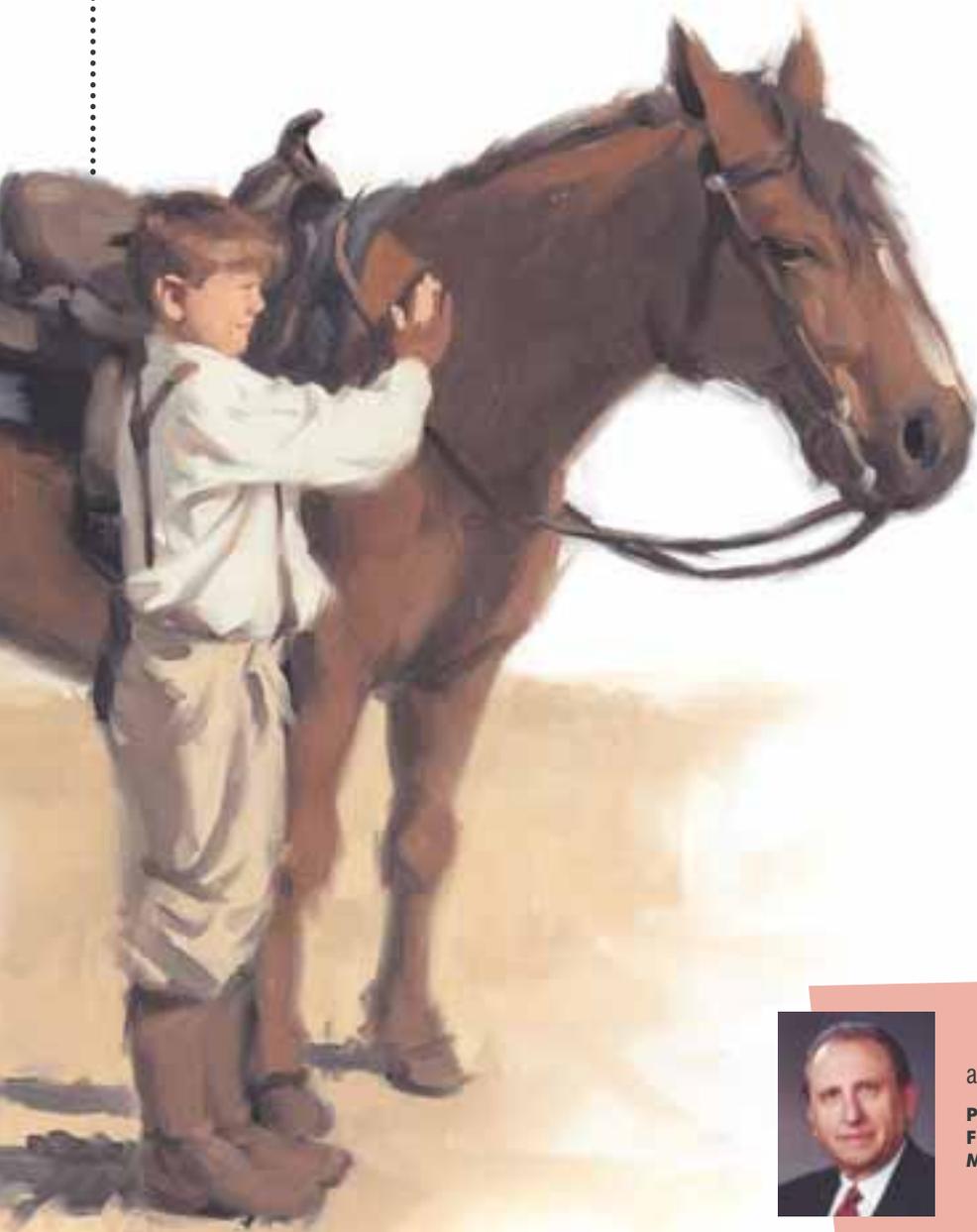
I leaped toward Old Smoky, but he danced away from me. I couldn’t herd the cows to safety without a horse!

The sound of the approaching train got louder. Panicking, I remembered what I had learned from my mother and my Primary teacher. I dropped to my knees right where I was and prayed. “Heavenly Father,” I cried, “please help me clear the cows off the tracks!”

Just then, the strangest thought came to my mind: “Look at how the cows wander past Old Smoky and he doesn’t run away. Pretend you’re a cow and crawl to him.” I was already on my knees, so I put my hands on the ground, too. On all fours, I crept toward Old Smoky. He didn’t budge. I grabbed his reins, stood up, and leaped on his back. Racing like the wind, Old Smoky herded the cows away from the tracks. He seemed even faster and smarter than usual. By the time the train blasted by, the cows were safely in the pasture.

I knew that Heavenly Father had answered my prayer and spared my family from tragedy. Only He knew that I could save my herd by pretending to be a cow. ●

Thad A. Carlson is a member of the Logan 19th Ward, Logan Utah Central Stake.



“Inspiration . . . comes to us as we bend our knees and seek the help of God.”

President Thomas S. Monson, First Counselor in the First Presidency, “Pathways to Perfection,” *Ensign*, May 2002, 100.

Fourth Article of Faith Maze

Learn the first principles and ordinances of the gospel by following this maze to the picture of the Savior.
For help, see Articles of Faith 1:4.

Start

Laying on of Hands

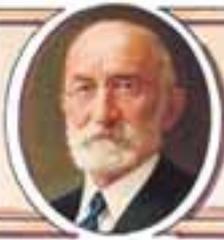
Faith

Baptism by Immersion

Repentance

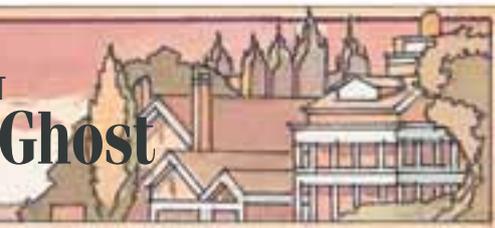
Animals in the Scriptures: "That there were beasts in the forests of every kind" (1 Nephi 18:25).

Funstuff Answers



FROM THE LIFE OF PRESIDENT HEBER J. GRANT

Comforted by the Holy Ghost

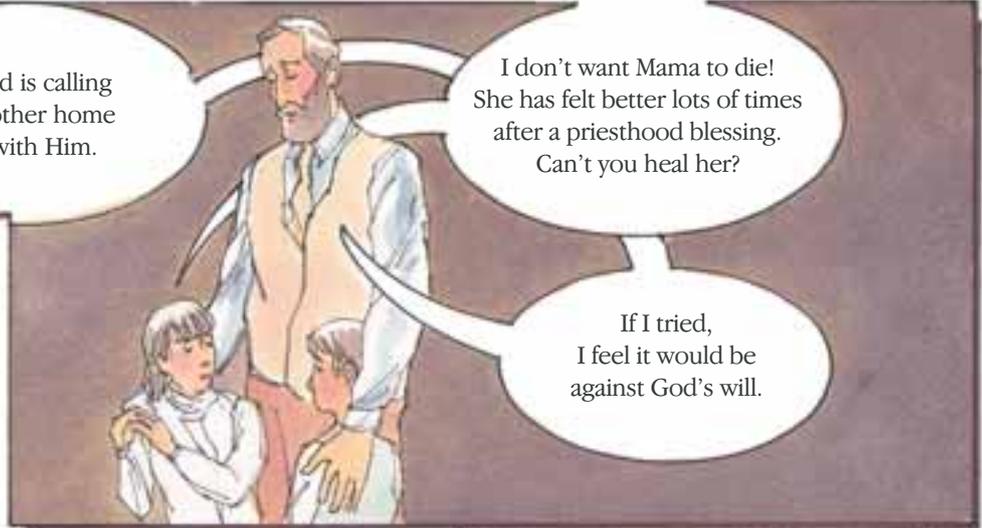


The Lord is calling your mother home to be with Him.

I don't want Mama to die! She has felt better lots of times after a priesthood blessing. Can't you heal her?

If I tried, I feel it would be against God's will.

Heber J. Grant's wife Lucy was sick for nearly three years. He knew that she was dying, so he gathered their children into the room.



Heber sent his children out of the room and prayed.

Heavenly Father, I won't complain that my wife is dying, but I can't bear to see the faith of my children shaken. If it is Thy will for Lucy to die, please give my daughter peace.

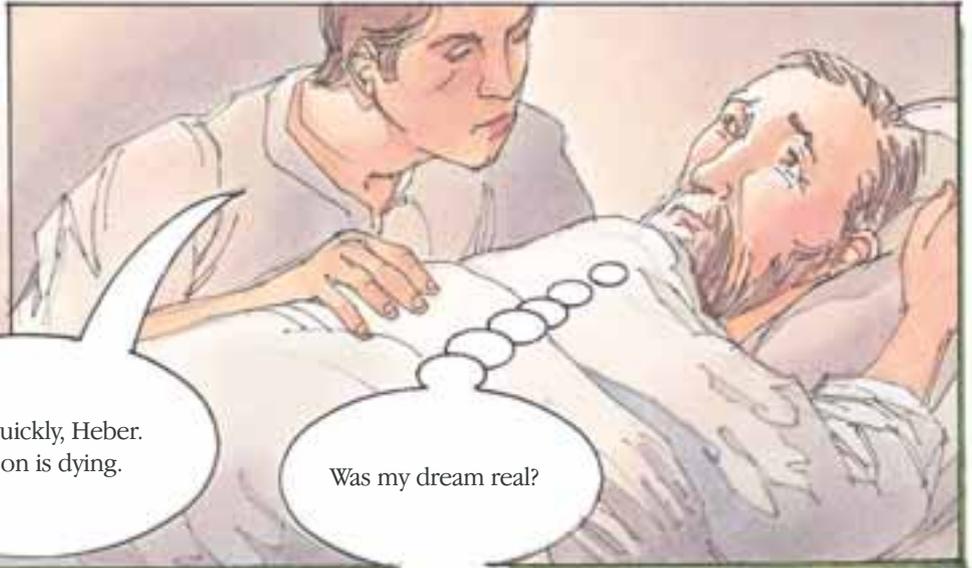


Within a few hours, Lucy passed away. When Heber told his children, his little son started crying. But Heber knew that his prayer had been answered.

Don't cry! I prayed, and the Holy Ghost told me that it is God's will for our mama to die. Everything will be all right.

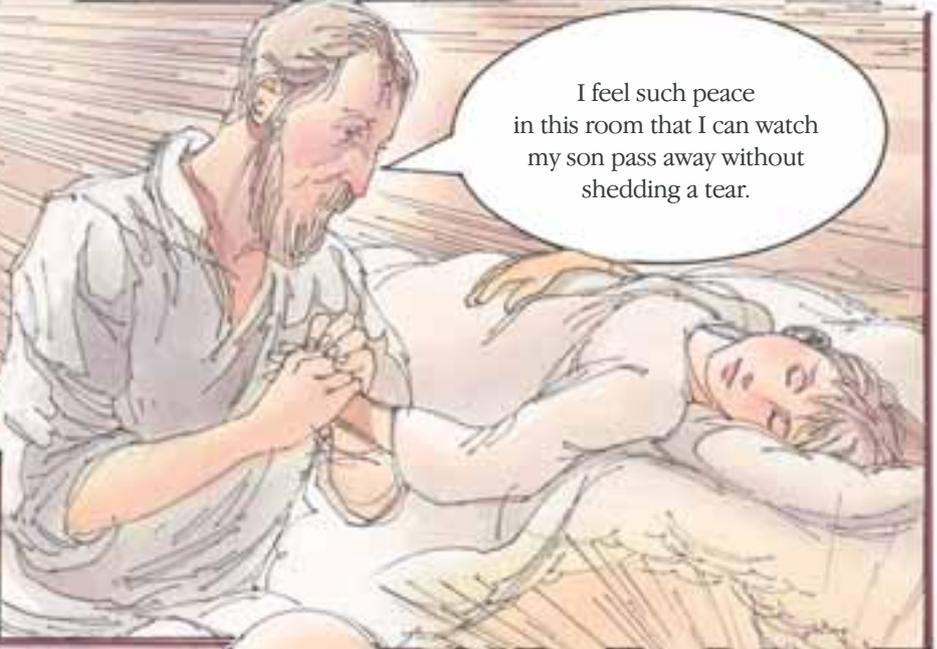


About a year later, Heber's only living son became sick with a hip disease. One night Heber dreamed that the boy's mother was waiting to take him to heaven. Heber's brother woke him from the dream.



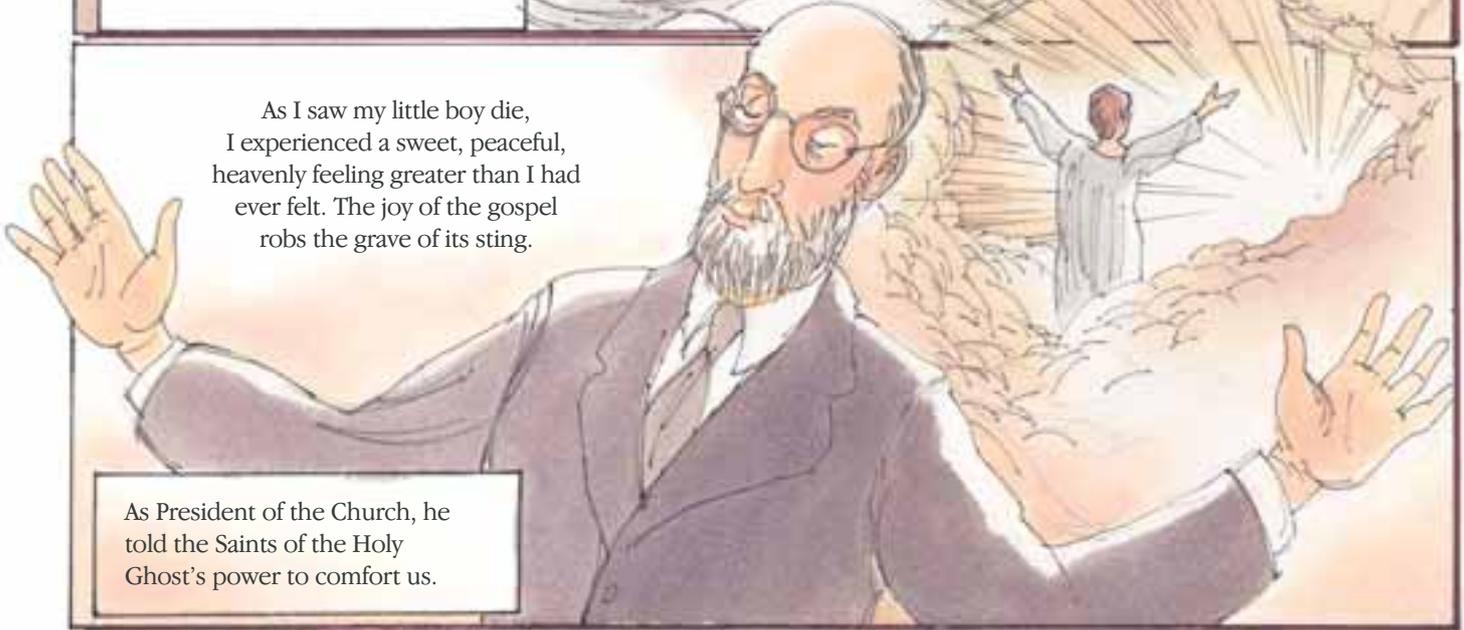
Come quickly, Heber.
Your son is dying.

Was my dream real?



I feel such peace
in this room that I can watch
my son pass away without
shedding a tear.

When Heber went into his son's
bedroom, he could feel that his
wife's spirit was there.



As I saw my little boy die,
I experienced a sweet, peaceful,
heavenly feeling greater than I had
ever felt. The joy of the gospel
robs the grave of its sting.

As President of the Church, he
told the Saints of the Holy
Ghost's power to comfort us.

The Lord's Day

BY SHEILA E. WILSON

I will

Write in my journal

Help prepare the meals

keep the

Write a thank-you letter

Write 10 things I am grateful for in my journal

Say my prayers

Learn to play or sing a Primary song

Write letters to or draw pictures for the missionaries

Visit relatives and friends

Keep the commandments

Read my scriptures

choose to

Listen to uplifting music

Go to church

Sabbath day holy

Remember the Sabbath day, to keep it holy
(Exodus 20:8).

I'm impressed with the five goals you scored in today's game." Collin turned around and realized the man was talking to him. "I'm starting a new soccer team and want to know if you would like to be on it."

"Would I ever!" Collin thought. Collin was nine, and he enjoyed playing soccer. When he and his parents attended the first planning meeting for the new team, the coach explained that they would be playing in many tournaments on Fridays, Saturdays, and Sundays. "Not on Sunday," Collin thought.

After talking with his parents, Collin told the coach he wanted very much to be on the new team, but he would not play soccer on Sunday. He thought the coach would be mad and not let him be on the team. The coach paused for a moment and told Collin that he still wanted him to play. Collin felt peace in his heart and knew he had made the right decision. He was glad he had made the team. His parents reminded him that even if he had not been allowed to join the team, he had made the right decision.

Just as it is important not to do certain things on the Sabbath day so that we can keep it holy, it is also important to *do* some things. We should do those things that will help us feel close to Heavenly Father and Jesus Christ. They have taught us that Sunday is the day we worship Them. The Lord said, "Remember the Sabbath day, to keep it holy" (Exodus 20:8). We can keep the Sabbath day holy when we go to church, take the sacrament, and do other things that will help us feel the Spirit on the Lord's day.

Finger-Fun Sunday Activity Reminder

Make this Finger-Fun Sunday Activity Reminder to help you remember some things you can choose to do that will



8



help you keep the Sabbath day holy.

1. Remove page 16 and mount on heavy paper. Then cut out the square along the brown-and-white dashed lines.

2. Fold each corner backward along the purple-and-white and the green-and-white dashed lines so that it forms a bright-pink-and-blue square on the back.

3. Fold each light pink corner forward along the orange-and-white dashed lines so that the front of the square is blue.

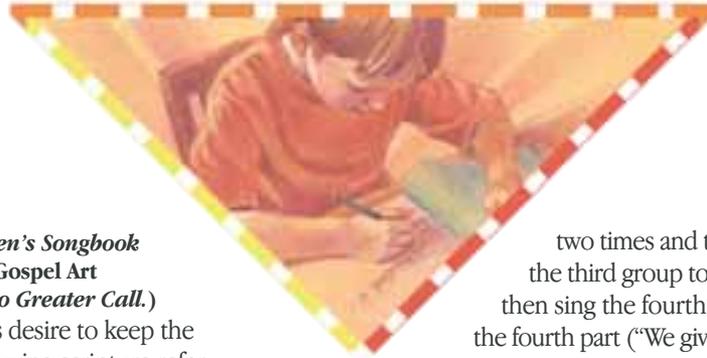
4. Fold the square in half along the red-and-white dashed line to make a bright pink triangle; unfold so that the blue square is showing again.

5. Fold the square in half along the yellow-and-white dashed line to make a bright pink triangle; unfold.

6. Fold the square in half along one of the black-and-white dashed lines; unfold.

7. Repeat step 6 with the other black-and-white dashed line.

8. Fit fingers under the outside flaps, and open and close the Finger-Fun Sunday Activity Reminder. Lift the inside flaps to find ideas for Sunday activities.



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. To strengthen each child's desire to keep the Sabbath day holy, write the following scripture references on the board: Exodus 20:8, Leviticus 19:30, Matthew 12:12, Mosiah 13:16. Assign each reference to a group of children and invite them to listen for a common word (Sabbath) in all of the scriptures as each group reads their reference together out loud. Point out that the commandment to keep the Sabbath day holy is found in both the Bible and the Book of Mormon and has always been part of the gospel.

In our day we have also been commanded to keep the Sabbath day holy. Read and discuss D&C 59:9–19, 23. Ask the children to identify what is being asked of them and what blessings are promised in return. What are we asked to do? (See verses 9–15.) What temporal blessings are promised? (See verses 16–19.) What spiritual blessings are promised? (See verses 9 and 23.) As we keep ourselves unspotted from the world by keeping this commandment, we can become more like Jesus Christ and become worthy to have the companionship of the Holy Ghost.

Place a picture of the Savior on the right side of the board and a paper cutout of a child on the left. Post pictures of appropriate Sunday activities around the room. Have the children count off days of the week one by one, starting with Monday. Continue until you reach the child who says Sunday. Have the child stand and suggest an appropriate activity for the Sabbath or choose an activity from the pictures. Move the paper child one step closer to the Savior. Repeat until the child cutout is next to the Savior. Testify that keeping the Sabbath day holy will bring us closer to Heavenly Father and Jesus Christ.

2. Explain that we are promised that as we keep the Sabbath with thanksgiving and cheerfulness, we will be greatly blessed (D&C 59:9–19, 23). Invite the children to think of those who love and help them (parents, family members, bishop, home teachers, friends, teachers, etc.) and write or draw letters of gratitude. (See *Faith in God* guidebook, 9.) The children could also think of those who help others, such as the missionaries, and write or draw notes of appreciation to them. Testify that having a spirit of gratitude and a cheerful heart will help us to keep the Sabbath day holy.

Sing “For Thy Bounteous Blessings” (p. 21). Sing a line and have the children echo it back to you. This song has been divided into four parts to sing as a round. For a different way to sing as a round, divide the children into three groups. Assign the first group to sing the first part three times and then sing the fourth part. Assign the second group to sing the second part

two times and then sing the fourth part. Assign the third group to sing the third part once and then sing the fourth part. Everyone will be singing the fourth part (“We give thanks, O Lord”) together.

3. To help the children understand that fasting can bring them closer to Heavenly Father and His Son Jesus Christ and that our families are strengthened and blessed through fasting and prayer, show “The Law of the Fast” from the *Family Home Evening Video Supplement* (item no. 53276).

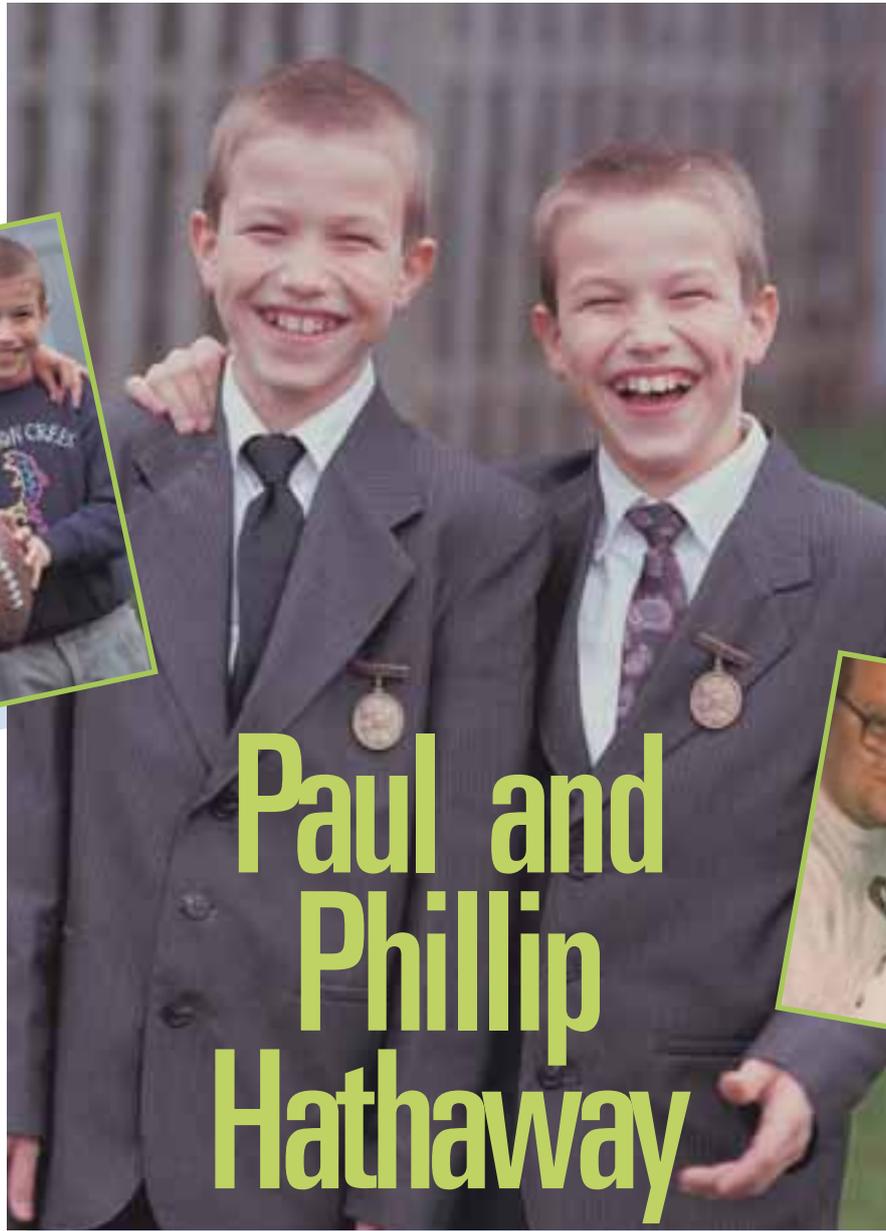
To fast is to go without food and drink. When we are willing to fast and pray, we show Heavenly Father and Jesus Christ that we love them and are trying to keep the commandments so we can receive their help. We need Heavenly Father's help all the time, but there are times when we have a particularly difficult problem to solve or when someone in our family is very ill. That is when we can also fast on days other than fast Sunday.

Invite two or three families to share an experience of when a family or family member has fasted and prayed for the Lord's help. Have them express how they were blessed and strengthened through this experience. Sing “I Feel My Savior's Love” (pp. 74–75). (Note: Young children should not be expected to fast. “Neither should parents compel their little children to fast” [Joseph F. Smith, *Gospel Doctrine*, 244].)

4. A journal is a record of meaningful experiences that affect our lives. Writing in our journals is a great Sunday activity. President Spencer W. Kimball, 12th President of the Church, encouraged each of us to keep a journal.

Show the children some examples of journals, such as books, diaries, personal histories, and scriptures. Tell how they can be a source of strength for the writer and for others. Share a personal experience from one of these or from your own journal. Give each child materials to make a journal entry. Invite them to think of a special personal experience that they will want to remember. (Younger children may want to draw or cut and paste pictures.) Maybe it was their baptism day, a visit from Grandma and Grandpa, an outing with Mom or Dad, or special feelings they had in sacrament meeting. Suggest they write it down as their journal entry. Encourage them to take the papers home and either add them to their journals or begin keeping a journal.

5. *Friend* references: “Keeping the Sabbath Day Holy,” Jan. 2003, 31; “Show You Know,” June 2003, 16–18. *Ensign* references: “Show You Know,” May 2003, 115–16; “Keeping the Sabbath Day Holy,” May 1971, 4–7; “The Power of Keeping the Sabbath Day Holy,” Nov. 1984, 79–81. Other reference: *Gospel Principles*, 165–69. These references and others can be found at www.lds.org. Click on Gospel Library.



Twin brothers Phillip (the taller one) and Paul have come a long way together since they were born 12 weeks early.

Paul and Phillip Hathaway

of Burien, Washington

BY RICHARD M. ROMNEY
Church Magazines

Eleven-year-old brothers Paul and Phillip Hathaway have been close to each other ever since they were born. In fact, they've been close even longer than that! Paul and Phillip, who live in a suburb of Seattle, Washington, are fraternal twins. So they shared space together even while they were waiting to be born!

They also shared an early arrival. "They were born

12 weeks premature [earlier than expected]," explains their mother, Sherri. Sometimes babies born that soon are so small they die.

"They weighed three pounds, one ounce, and three pounds, three ounces," their father, Wayne, adds. "Each little head was smaller than a baseball. We gave them a priesthood blessing and all we could do was put two fingers on their heads. They were tiny." The babies spent eight weeks in the hospital. Doctors found their

condition was better when they were together than when they were apart, so they kept them close to each other.

But Paul was born with something Phillip didn't share—a disease called cerebral palsy. Although Phillip soon grew to be healthy, Paul had problems controlling his leg muscles. His brain would send too many signals to his legs, so the legs didn't know what to do. He couldn't sit up or walk. He had to have lots of physical therapy.

Then when Paul was five years old, a therapist recommended a new kind of surgery. Fewer than 100 people in the country had ever had such an operation, but doctors said chances were good it would help.

The operation was long. Surgeons cut nerves in Paul's back and in one leg to reduce the nerve signals to his legs. After the surgery, the recovery was slow and painful, with six more months of therapy. "It was hard for Phillip to watch Paul struggle," their father says. "They asked to be together, so sometimes we would let Phillip spend the night where Paul was recovering. He just wanted to be with his brother."

Today the brothers are still together—and still sharing. Paul drags his foot a little, but he walks! That allows



The family enjoys playing with Pooka, the hedgehog, and sharing ideas during family home evening.





him to pass the football back and forth with Phillip. He can also hold the ball while Phillip kicks. They work on Cub Scout pins and badges, and go to their Primary class on Sundays. They earned their Faith in God

Awards together. And they practice their trumpets while their older sister Avery, 12, plays clarinet and their younger sister Kaylene, 10, holds the music. All of the children love soccer, and Paul was asked to be the manager for Phillip's team at school. All of the brothers and sisters read and study together and talk about their school assignments. And all of them play with Avery's pet hedgehog, Pooka, which she shares with the entire family.

In fact, sharing is what Paul, Phillip, and their family are all about. Join them for family home evening and you'll see. Every Monday night, the Hathaways share a moment of prayer. They share hymns and scriptures.

Paul, Phillip, and Avery enjoy making music together. Kaylene loves to study scriptures with Mom.

They share a lesson. They share plans for the coming week, talk about rules they have as a family, and plan chores that must be done. Then they share treats. It's all well organized, because Dad and Mom share an assignment sheet with the family several days before. That gives everyone time to prepare.

Along with everything else the Hathaways share, they also share a great love for their Heavenly Father. "I know He has blessed me a lot," Paul says. "I know He has blessed our whole family," Phillip agrees. That knowledge is called a testimony. And that's one of the greatest things brothers can share—whether they're twins or not. ●

Friends in the News



Elijah and Nathan Wakeland, ages 3 and 6, Pleasant Grove, Utah, are proud to be brothers. They are both adopted and love the temple because that's where they were sealed as a family. Their favorite activities are playing with toy tractors, giggling, and playing sports together.



Grant Second Ward

The Primary of the Grant Second Ward, Menan Idaho Stake, learned about Noah's ark during an activity day. Someone dressed as Noah told the story of the great flood. Children brought their favorite stuffed animals and enjoyed rainbow sherbet and animal cookies.



Bridgeport Branch

Primary children in the Bridgeport Branch, New Haven Connecticut Stake, were challenged to become like the pioneers who built the original Nauvoo Temple. Each week they faithfully worked on goals like having daily personal prayer and scripture study. Each Sunday they turned in their completed goal sheets and were given sugar cubes to add to a model of the Nauvoo Temple.



Aidan, Summer, Aaron, and Michelle Saunders, ages 1, 9, 8, and 5, Oak Harbor, Washington, like to go swimming, bowling, and to the movies together. Their favorite activity is family home evening. They are grateful that families can be together forever.



Brant Douglas Barton, 11, Lawrenceville, Georgia, loves the scriptures and serving others. As a "peer mediator" at his school, he helps students solve their problems in a positive way. He also likes computers, dinosaurs, and art. He won a medal in a school poster contest encouraging students not to smoke.





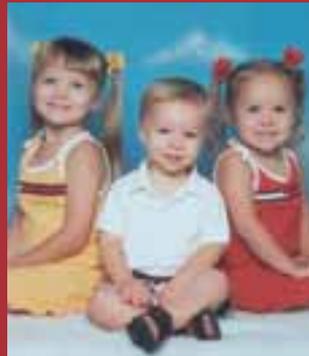
Meg Reinhardt, 4, Kingston, Missouri, used a shoe box and people made from peanuts to make a diorama of her favorite scripture story. It shows the people of Ammon burying their weapons and promising not to fight anymore.

Crestwood First Ward

Children of the Crestwood First Ward, Louisville Kentucky Stake, are thankful that the Louisville Kentucky Temple is close to their meetinghouse—it's just across the parking lot! They love seeing it each week when they come to church. One child says, "I pass the temple every day on my way to school. I think of the Primary songs, and it helps me to remember to choose the right so I can go inside someday."



Liberty Lowman, 6, Decatur, Alabama, cut her long hair and donated it to an organization that makes wigs for children who have no hair. Liberty can't wait for her hair to grow back so she can do it again!



Payton, Kaid, and Wytne Theriot, ages 5, 1, and 4, Walker, Louisiana, enjoy crafts, coloring, playing outside, and going to Mamaw (Grandma) Cindy's house. Payton and Wytne enjoy ballet, and Kaid likes baseball. They love Jesus and always try to choose the right.



Stoney Creek Ward

Girls in the Stoney Creek Ward, Hamilton Ontario Stake, completed a service project tying quilts for children in the nursery. The nursery children love to cuddle with their new blankets! Left to right are Dia Gregson, Areisha Shepherd, Whitney Nantais, Jessica Hillman, Amanda Crabbe, Kirstie Shepherd, and Kylie Shepherd.



Stone Creek Ward

Children of the Stone Creek Ward, Bountiful Utah Stone Creek Stake, learned about children in Ethiopia—some of their cultural traditions, how they dress, what they eat, what music they listen to, what school is like, and what their homes are like. Then they colored notes that read "We love you" to include with donated school supplies that were sent to 125 Ethiopian children.



The Lord Speaks to Us through Prophets

BY JENNIFER HUGHES

The Lord tells the prophets what messages He wants us to hear. We can read messages from ancient prophets in the scriptures and also hear messages from modern-day prophets. More than 2,000 years ago, King Benjamin called his people together for a conference and taught them the words of the Lord. During last month's general conference, President Gordon B. Hinckley gave us the word of the Lord.

Play this matching game to learn more about ancient and modern-day prophets. Remove these pages and



mount on heavy paper. Cut out the pictures of King Benjamin and President Hinckley and display them on a table. Cut out the cards and shuffle them together. Take turns drawing cards and reading the messages on them. If it is a message given by King

Benjamin, place it under his picture. If it is a message from President Hinckley, place it under his picture. (For help, see Mosiah 2–4 and President Hinckley's general conference addresses from the November 2003 *Ensign*, pages 4–7, 82–85, 102–3.)



KING BENJAMIN



PRESIDENT HINCKLEY

When ye are in the service of your fellow beings ye are only in the service of your God.

[Heavenly Father] hath created you, and granted unto you your lives, for which ye are indebted unto him.

Those that keep the commandments . . . [and are] faithful to the end . . . may dwell with God in a state of neverending happiness.

Salvation . . . come[s] unto the children of men even through faith on [Jesus'] name.

Believe in God; believe that he is, and that he created all things.

Ye must repent of your sins and forsake them, and humble yourselves before God; and ask in sincerity of heart that he would forgive you.

If ye [keep the commandments] ye shall always rejoice, and be filled with the love of God.

Ye should impart of your substance to the poor, every man according to that which he hath, such as feeding the hungry, clothing the naked, [and] visiting the sick.

Watch . . . your thoughts, and your words, and your deeds.

[Put] off the natural man . . . and [become] as a child, submissive, meek, humble, patient, [and] full of love.

We live in the world. But we must rise above the world as we . . . seek to build His kingdom in the earth.

Each of us should . . . build the kingdom of God on the earth and [help] the work of righteousness.

Be true. Stand firmly for what you know to be right.

Live by your standards.

Pray for the guidance and protection of the Lord. He will never leave you alone.

In standing for the right, we must not be fearful of the consequences. We must never be afraid.

Be a little more kind, a little more thoughtful, a little more courteous.

Keep [your] tongues in check and [don't] let anger prompt words [you] would later regret.

Have the strength and the will to turn the other cheek.

Walk the extra mile [to help] those in distress.



Serving Others

BY ROBERT PETERSON

These children are serving their fellow man by visiting their neighbor, Sister Jones, in the hospital. What are some things you can do to serve others? See if you can find an ax, a bird, a butterfly, a carrot, a crayon, a hairbrush, an ice-cream cone, a ladle, a pear, a saltshaker, a sock, and a watch. Then color the picture.



The Sabbath Day

Words by Gary Croxall
Music by Kathleen Holyoak

Reverently ♩ = 76-88

mp

The Sab-bath day is a
The Sab-bath day is a

ho-ly day, A time of wor-ship and rest, when we can pon-der and we can pray And
ho-ly day, A time to feast on God's word. The day when we take the sac-ra-ment in

serve the Lord in righ-teous-ness. Re-mem-ber to keep the Sab-bath ho-ly, From all world-ly la-bors
mem-'ry of our Sav-ior, Lord.

1.
cease. With kind-ness serve those who stand in need; in God's ser-vice there is peace.

2.
peace.

rit. *rall.*

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Dishing Up **BLESSINGS**





BY SHEILA KINDRED

(Based on an experience of the author)

Let us cheerfully do all things (D&C 123:17).

Do I have to wash *all* these dishes?" Jenny asked as she put on an apron.

"Sorry, honey," Mother said. "Elizabeth was so fussy that I spent a lot of time taking care of her. I wasn't able to do much cleaning today."

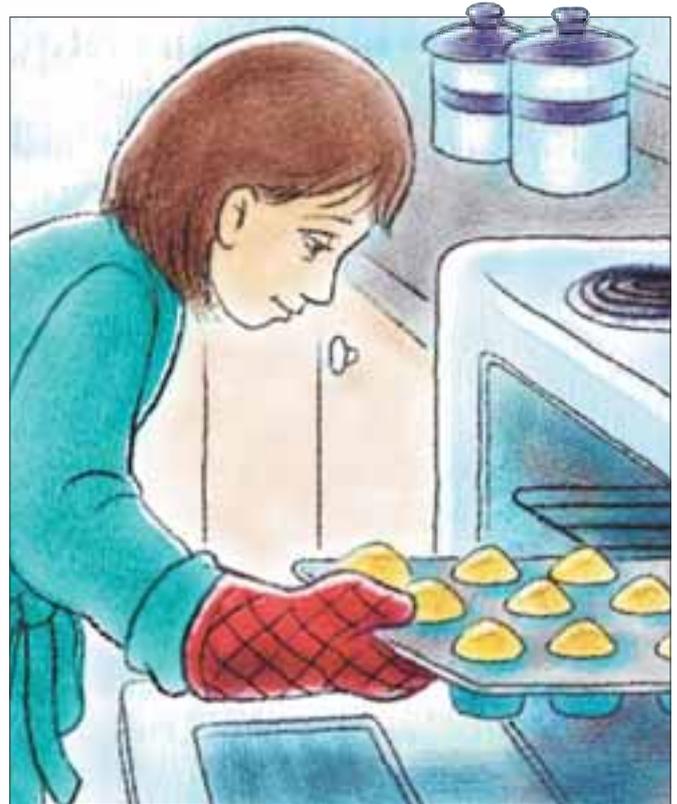
Elizabeth was Jenny's baby sister, and she *had* been very fussy lately. Mother said Elizabeth was "teething," which meant she was getting new teeth. Jenny was sorry

Elizabeth was uncomfortable, but still, it didn't seem fair. It was Jenny's turn to do the dinner dishes, not the breakfast, lunch, *and* dinner dishes.

Jenny sighed and turned on the water. She filled the sink with lots and lots of bubbles. She liked the way the bubbles shimmered. She pretended the bubbles were snow and piled them into mountains. Then she scooped some up in her hand and pretended it was an ice-cream cone. Finally she blew them off her hand and watched them float above the sink. It was fun to play with the bubbles, but it wasn't getting the work done. And Jenny had homework to do. She didn't want the dishes to take all night.

Jenny reached for the nearest pans to put them into the water. "Oh, no!" she thought. "Not the muffin tins!" The muffin tins were always hard to clean. She would have to scrub out each section one at a time and keep checking to make sure they were completely clean.

As Jenny worked, she started thinking about muffins. Her mother had made banana muffins for breakfast that morning. Banana muffins were her favorite kind, and this morning they had been hot and delicious. Jenny had never made muffins before, but she knew her mother had to get up early to make sure they were ready before school. And her mother probably hadn't gotten much sleep last night because of Elizabeth's crying. Jenny rinsed the muffin tins carefully and set them out to dry. Somehow, washing the muffin tins didn't



seem like such a chore anymore.

The next thing that needed washing was a large pot. "Ah, yes," Jenny thought, "Mother cooked macaroni and cheese in this pot." She lived close enough to her school to walk home for lunch. When she had come home today she had brought her friend Melinda. Jenny's mother had made them macaroni and cheese with cut-up hot dogs. While they ate, the girls told Jenny's mother all about the art project they had worked on at school that morning. After they finished lunch, they hurried back to school.

Jenny was glad that she was able to come home during the day, and she was also glad her friends felt welcome in her home. Jenny scrubbed out the macaroni-and-cheese pot carefully. She wanted to make sure it was clean and ready for future lunches with her friends.

The last big dish to wash was the rectangular casserole pan. It still had some scalloped potatoes left in it from dinner. Jenny took a clean spoon, scooped out the potatoes, and popped them into her mouth. Delicious! Jenny knew that the scalloped potato recipe came from her grandmother. Jenny started thinking about her grandmother as she washed the pan. She loved to visit Grandmother. They would often make bread together. And then, while the bread was rising, Grandmother



would tell Jenny wonderful stories about her childhood.

Jenny had just finished rinsing all the dishes and was draining the sink when her mother came into the kitchen.

“Finished so soon?” Mother asked. “I hurried back as quickly as I could to help you. I’m sorry that there were so many dishes to do tonight.”

“I don’t mind,” Jenny said. “Doing the dishes gives me time to think about things.”

“Like what?” Mother asked.

“Like family, friends, and good food. You know, it’s actually kind of nice that we have so many dirty



“Gratitude may be increased by constantly reflecting on our blessings.”

**Elder Steven E. Snow of the Seventy,
“Gratitude,” Ensign, Nov. 2001, 44.**

dishes to wash.”

“It is?” Mother asked in surprise.

“Sure. Having a lot of dirty dishes just goes to show we have a lot of blessings.”

Mother nodded. “That’s true,” she said. “And one of those blessings is a daughter who cheerfully washes the dishes.” ●

Sheila Kindred is a member of the Ames Ward, Ames Iowa Stake.





Animals in the Scriptures

BY JILL B. ADAIR

The words hidden below describe 25 of the many different animals, insects, and other creatures found in the scriptures. Find the words in the list below by reading up, down, forward, backward, and diagonally. Some letters may be used in more than one word. The unused letters will spell a message from the scriptures about animals. (See answer on page 13.)



F T H A B T E S R O H T H S
 E I N S E C T R E H W E R E
 S E S B A B E D G A E S S R
 V W T H R E S O O I N N T U
 I E I H E A F V A W F E O T
 P L R N E S D E T B O K S L
 E G S T E T B R S E W C E U
 R A S C O F M O A E L I R V
 E E V E A R A X S G Y H P K
 S H E E P L L E I G O C E N
 S E V L A C F N D N O N N E
 P S T N A H P E L E H D T I

BEAR

CHICKENS

EAGLE

HEN

SERPENT

BEAST

COW

ELEPHANTS

HORSE

SHEEP

BEE

DOGS

FISH

INSECT

SWINE

CALF

DOVE

FOWL

LAMB

VIPER

CALVES

DRAGON

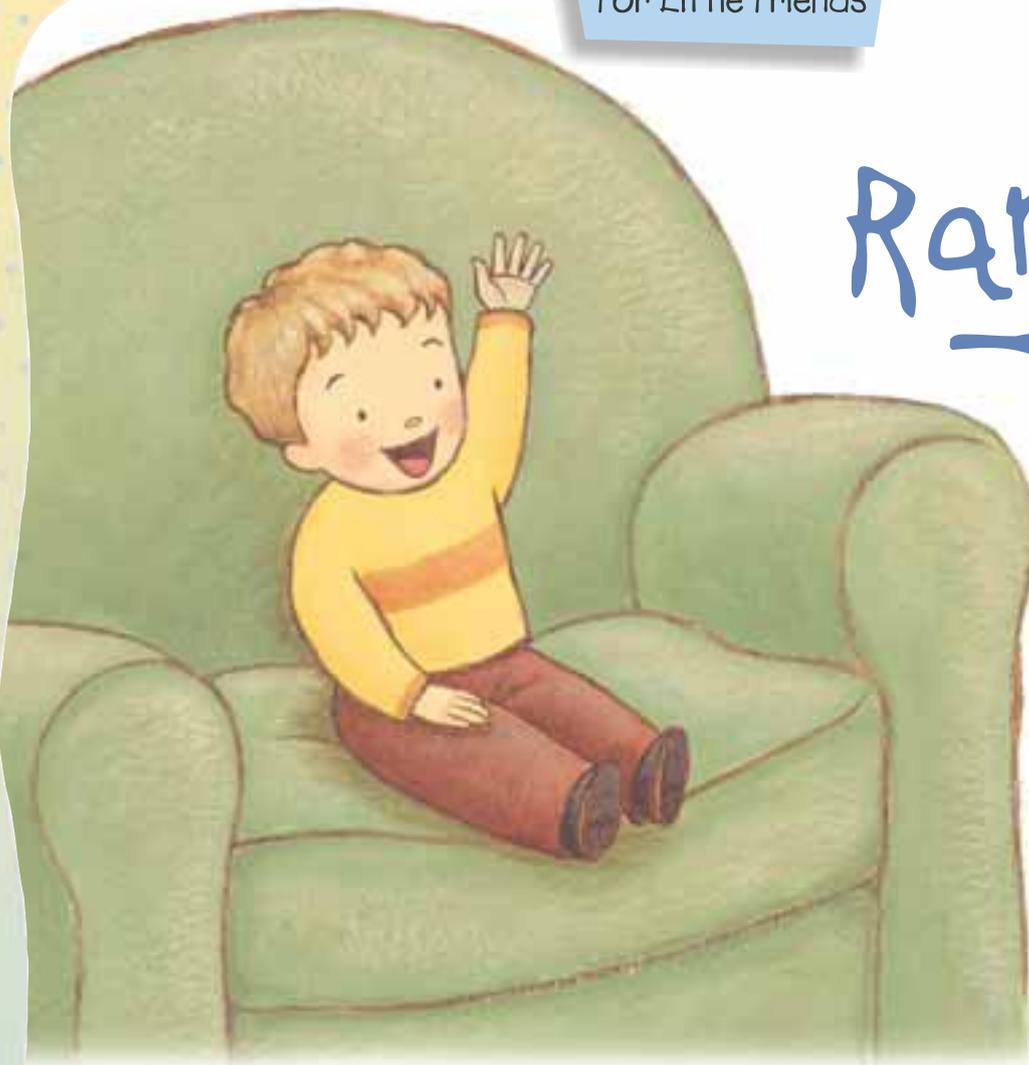
GOATS

OXEN

VULTURES

“ _____ ” (1 _____ 18:25).

Randy's Turn



BY RACHELLE PACE CASTOR

(Based on an experience of the author's friend)

He that hath the scriptures, let him search them
(3 Nephi 10:14).

Time for scripture study," Dad called. Randy came running and was the first one to arrive in the family room. He climbed into Dad's big soft chair and waited. Soon Sarah arrived, then Michael and Meg. They all carried their scriptures. When Mom and Dad came into the room, they were glad to see that everyone was ready for scripture study.

"Thanks for being so obedient and coming when we called," Mom said. "Who's going to start reading?"

"Me!" Randy shouted.

Everyone stared at Randy. "You don't know how to read," Michael said.

Dad lifted Randy up and sat him on his lap. "When

you're a little older you'll be able to read, too," Dad said.

"But I want to read now," Randy said. "Everybody reads but me." His lip began to quiver.

"You're too little," Meg said gently. "I didn't get to read when I was your age either. You'll just have to wait."

"My Primary teacher said we should read our scriptures every day," Randy said.

"OK. Quiet down, everybody. Let's start with prayer," Dad said. "Maybe Heavenly Father will help us know what to do to help Randy feel better."

After prayer the family began to read in 1 Nephi 8:5 about Lehi and his dream of the tree of life.

Mom read, " 'And it came to pass that I saw a man, and he was dressed in a white robe; and he came and stood before me.' "

Then Michael read, " 'And it came to pass that he spake unto me, and bade me follow him.' "

Then Meg began, “ ‘And it—’ ”
“ ‘Came to pass,’ ” Randy called out before Meg could finish.

Everyone stared.

Then everyone giggled, including Randy.

“You *can* help us read,” Dad said with a smile. “Every time we come to the line ‘and it came to pass,’ I’ll point to it and it will be Randy’s turn to read. Is that OK, everybody?” Everyone nodded and smiled.

Meg finished the verse, “ ‘That as I followed him I beheld myself that I was in a dark and dreary waste.’ ”

They read about God’s tender mercies toward Lehi after he had traveled for many hours in the dark and

dreary wasteland.

Dad pointed to the next verse.

“ ‘And it came to pass,’ ” Randy read with a smile.

Then Mom finished, “ ‘After I had prayed unto the Lord I beheld a large and spacious field.’ ”

“ ‘And it came to pass,’ ” Randy read again.

Then Sarah finished, “ ‘That I beheld a tree, whose fruit was desirable to make one happy.’ ”

Randy knew what it felt like to be happy. Finally it had “come to pass” that he could really be a part of family scripture study. ●

Rachelle Pace Castor is a member of the Oak Hills Sixth Ward, Provo Utah Oak Hills Stake.



Blessings Tree

BY JULIE WARDELL

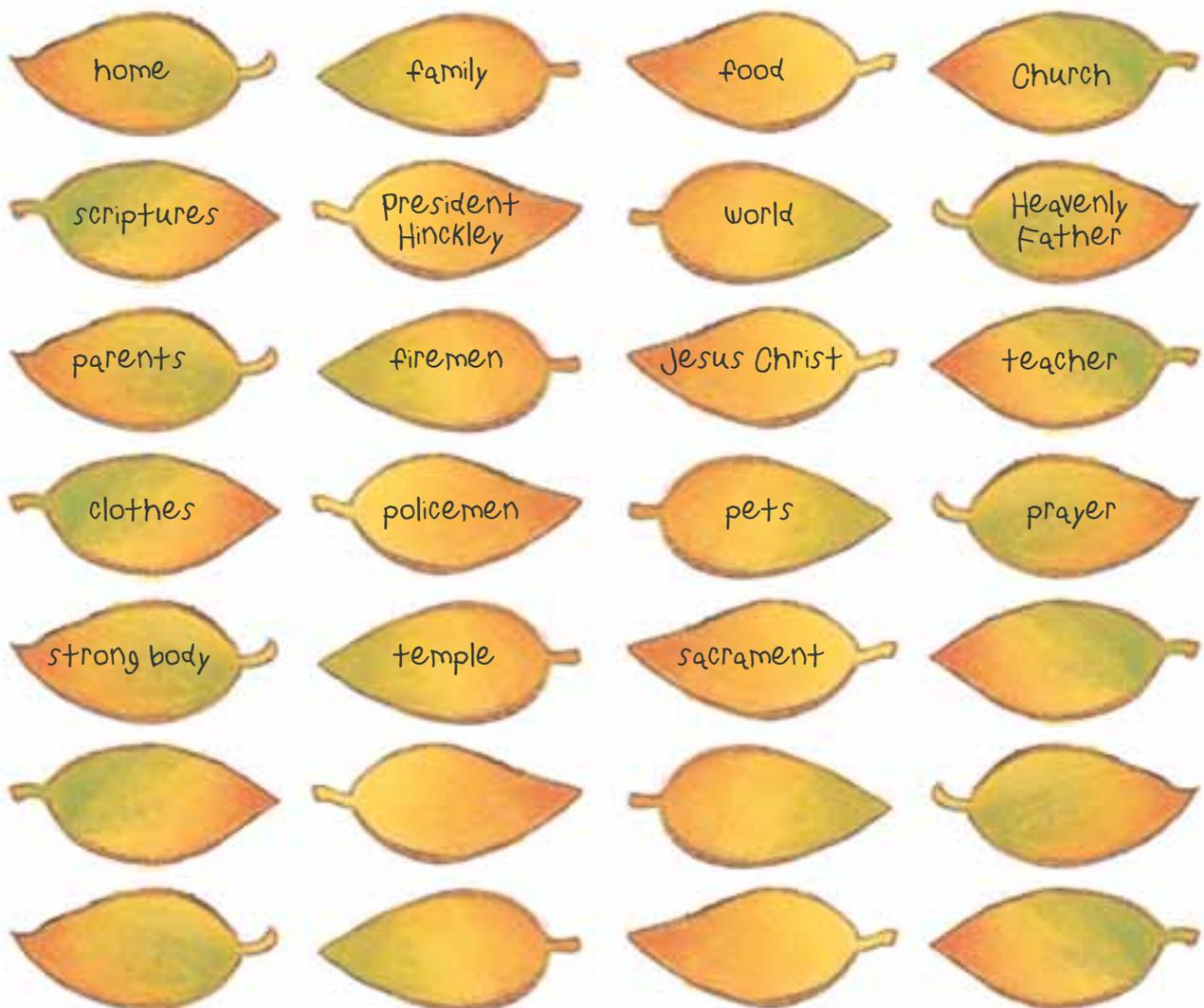
Instructions

1. Remove pages 34–35 from the magazine and mount them on lightweight cardboard. Cut out the leaves and place them in a sack.

2. In a family home evening, have family members take turns picking a leaf from the sack, telling how the item written is a blessing, and gluing it to the tree. When they pick a blank leaf, have them share a blessing

of their choice that they are thankful for. Then write the blessing on the leaf and glue it to the tree. Have the family discuss all these blessings and other things they can thank Heavenly Father for in their prayers.

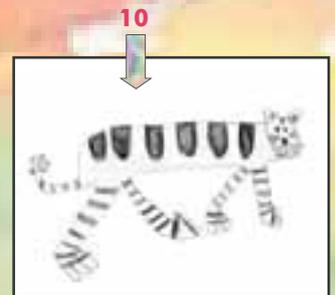
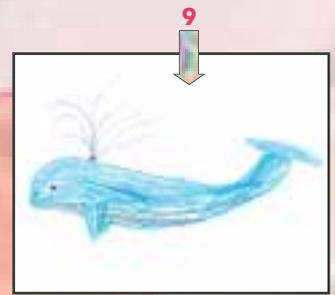
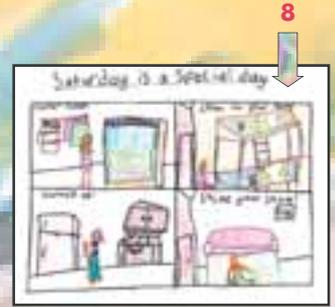
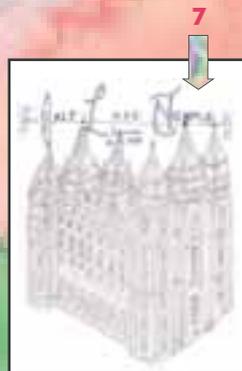
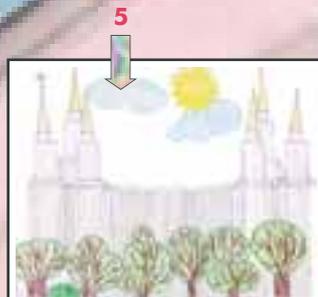
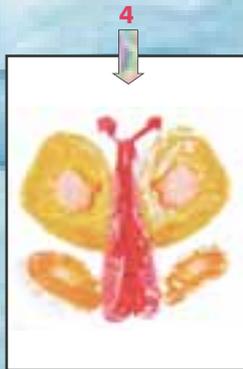
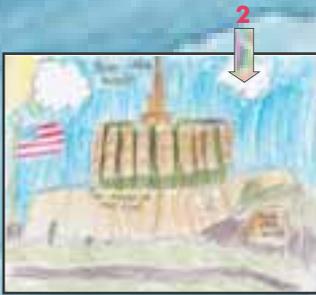
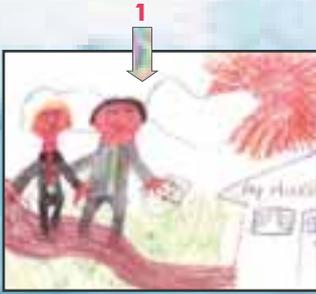
3. Hang the finished tree where it will remind your family of their many blessings and remind them to thank Heavenly Father for them.





Note: If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed out from the Internet at www.lds.org. Click on Gospel Library.

Our Creative Friends



My Senses

I hear little kids laughing joyfully outside in the leaves.
I see rushing moms, grandmas, and aunts cooking the delicious dinner.
I smell the soft buttered rolls sitting on the messy counter.
I taste the warm stuffing and the mouthwatering turkey.
I feel the peaceful prayer of gratitude at the table.

Brittney Wilkes, age 11
North Salt Lake, Utah

Once a Child

Jesus was once a child, like me.
When I read and study, I see
What a small, kind child could be.
Jesus was young and meek, like me,
But He knew more than A to Z,
And He was everything that He could be.
Jesus suffered and died for me.
He was the Only Begotten, you see.
Jesus, help me to be like Thee.

John Bowers, age 11
Mesa, Arizona

My Baby Brother

My baby brother, my baby brother,
He's cute, he's active.
I can't imagine my life without him.
People say I am his second mom
Because I'm so good with him.
My baby brother, my baby brother,
I love my baby brother.

Andie Tillett, age 10
Portland, Oregon

Time

Time can erase
Pain, bitterness, and hate.
Time can renew
Hope, love, and happiness.
Time can give us
Knowledge, wisdom, and patience.

Taalín Rasmussen, age 11
Spanish Fork, Utah

Snow

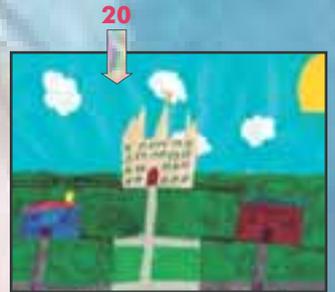
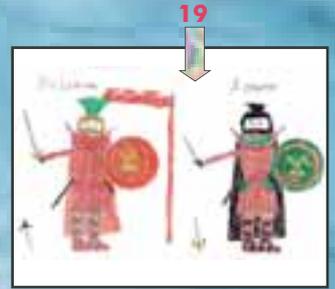
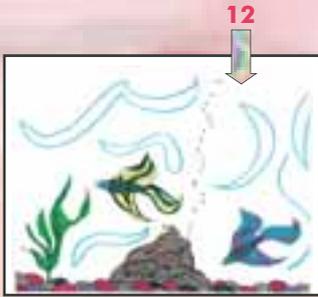
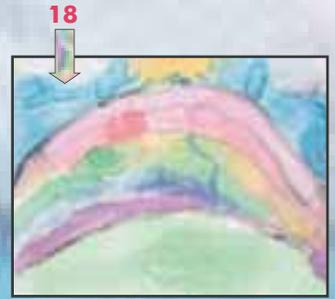
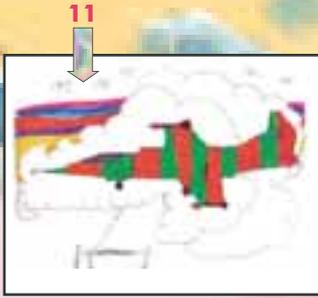
Snow is like white bees
Flying around my face
And stinging me.

Matthew Boober, age 5
Lansing, Michigan

Love

In my mind I see a heart.
And in this heart I see a family.
And in this family I see love.
And in this love, I see someone.
I go to Him.
His love brings me to Him.
He is God.
My love belongs to Him.

Jenna Kirchboefer, age 7
Castle Rock, Colorado



Day and Night

Sunshine in the morning
 Every single day.
 In the night it's dark.
 I go to sleep, not play.
 In the daytime I go to school
 And read a book.
 And then there's dinnertime.
 I eat the food my mother cooks.
 Day and night, night and day.
 I do the things that I did say.

*Denyse Renée Davis, age 8
 Modesto, California*

Drawings

- | | | | | | |
|----|---|--|----|---|---|
| 1 | → | <i>Harmony Donnelly, age 7
Byers, Colorado</i> | 11 | → | <i>Preston Pereira, age 11
Mesa, Arizona</i> |
| 2 | → | <i>Levi Erickson, age 10
Eagle, Idaho</i> | 12 | → | <i>Natalie Wilson, age 12
Lady Lake, Florida</i> |
| 3 | → | <i>Simon Goettler, age 6
Pittsburgh, Pennsylvania</i> | 13 | → | <i>Ethan Cooper, age 9
Durham, North Carolina</i> |
| 4 | → | <i>Regan Jones, age 6
Västerbaninge, Sweden</i> | 14 | → | <i>Kaylyn Landry, age 8
Botbell, Washington</i> |
| 5 | → | <i>Ruby Diaz-Rojo, age 10
Wyomissing, Pennsylvania</i> | 15 | → | <i>Joshua Lucero, age 7
Roswell, New Mexico</i> |
| 6 | → | <i>Logan Adams, age 9
Anna, Ohio</i> | 16 | → | <i>Isaac Burk, age 8
Tahlequah, Oklahoma</i> |
| 7 | → | <i>Taylor Schroedter, age 11
Singapore</i> | 17 | → | <i>Rebekah Dixon, age 8
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Schertz, Texas</i> |

Remember the Sabbath Day

Remember the Sabbath day, to keep it holy
(Exodus 20:8).

The children of Israel received manna from heaven to eat while they lived in the wilderness on their journey to the promised land. Manna was a special food that the Lord prepared for them to eat. Each morning they woke up and found manna on the ground, ready for them to gather. Usually, they had to gather and eat the manna on the day it fell or it became wormy and smelly. The day before the Sabbath, twice as much manna fell, and the Lord told the children of Israel to gather enough for two days. On the Sabbath day they did not receive any manna, but the manna they gathered the day before did not go bad. The Lord preserved it for His people (see Exodus 16:16–24).

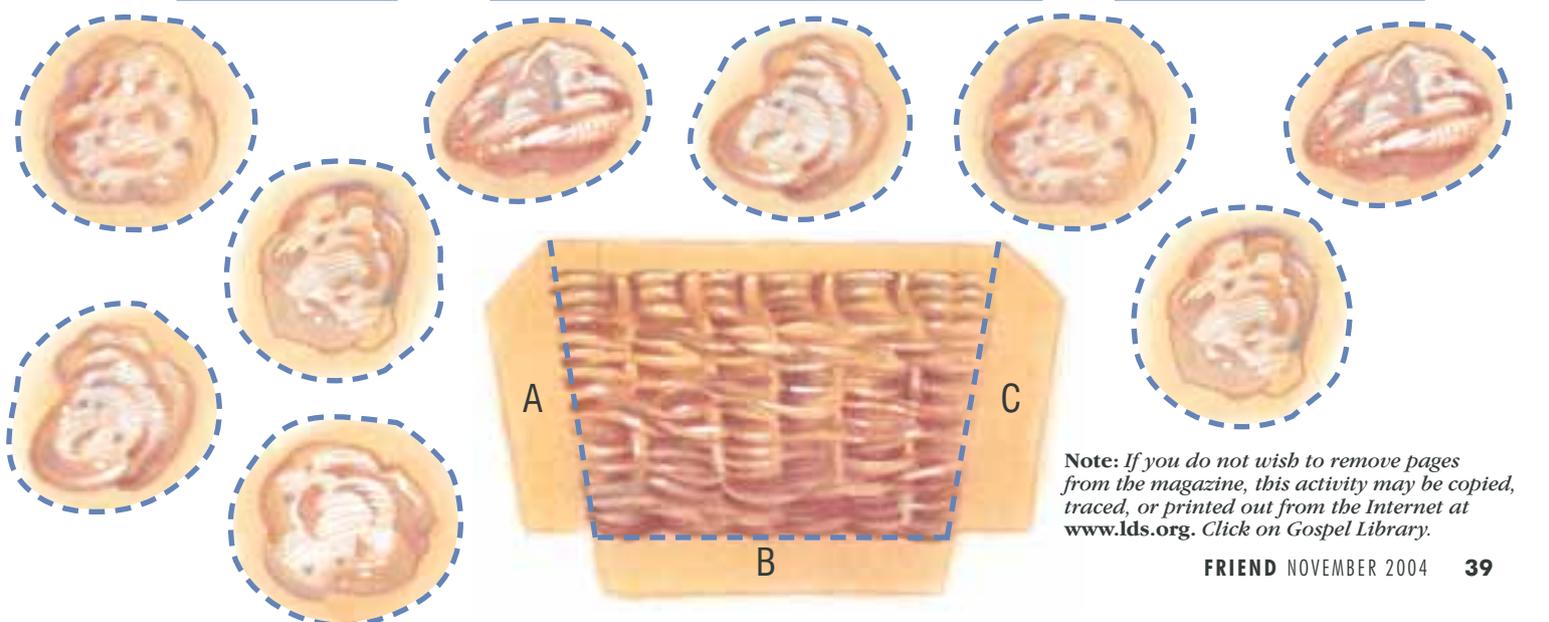
Like the Israelites, our families will be guided and blessed when we keep the Sabbath day holy. President Gordon B. Hinckley teaches: “Gather your family about you, teach them the gospel, enjoy yourselves together on the Sabbath Day, come to your meetings, participate. You will know that the principle of the Sabbath is a true principle which brings with it great blessings” (*Teachings of Gordon B. Hinckley* [1997], 559).



Activities and Ideas

1. Cut out the picture of the Israelite family on page 39 and mount it on heavy paper. Fold the tab along the dotted line to make the family stand up. Then cut out the basket and fold in along the broken lines. Glue tab A to side A on the family cutout, with the basket pattern facing out. Glue tab B to bottom B and tab C to side C to make a pocket. Cut out the manna and put them in the basket.
2. For a family home evening activity, give pieces of manna to each member of your family. Take turns thinking of activities you can do as a family. Together decide if each activity is a good one to do on the Sabbath day. If it is, put a piece of manna in the basket. Try to fill the basket with all the manna.
3. For a family home evening lesson or Primary talk, read and discuss the statement by President Hinckley. Can you think of ways your family has been or could be blessed by keeping the Sabbath day holy?

*Emphasizes the Primary monthly theme. (See “My Family Can Be Forever,” poster, *Friend*, Jan. 2004, insert.)



Note: If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed out from the Internet at www.lds.org. Click on Gospel Library.

A Jar Full of

BY MYRNA M. HOYT

(Based on an experience of a family in the author's ward)

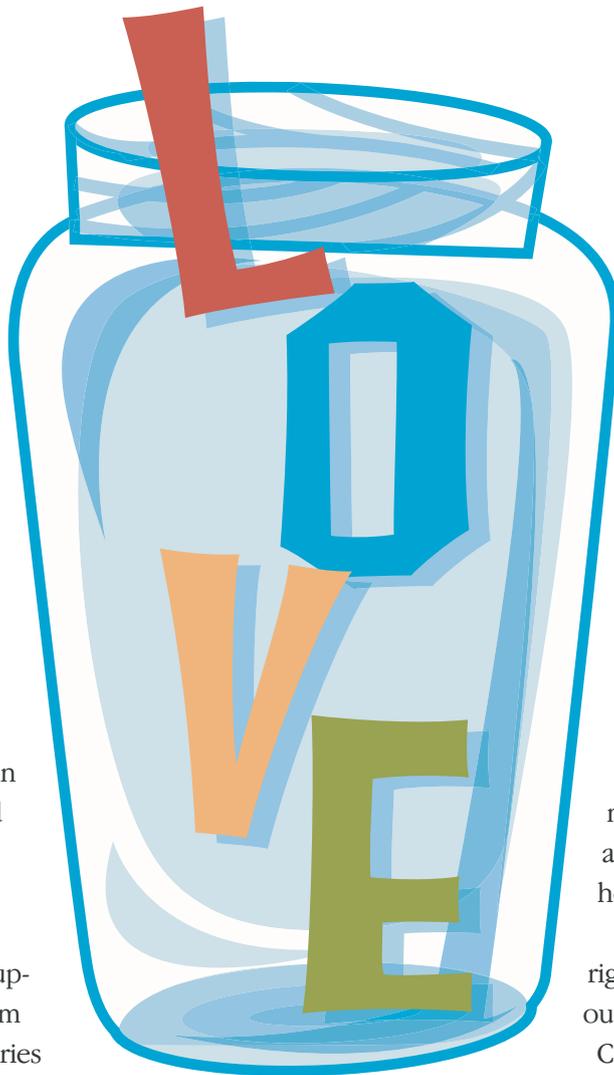
God loveth a cheerful giver
(2 Corinthians 9:7).

Bart and Chad sat with their mother in sacrament meeting as the bishop made an announcement. "Brothers and sisters, we are blessed to have several missionaries serving from our ward. We have been asked to keep a certain sum of money in the ward missionary fund, and right now we are below that amount."

He held up a donation slip. "Fortunately, the blessing of supporting the missionary program isn't just for full-time missionaries and their families. We can donate to the ward missionary fund to help support missionaries from our ward or to the general missionary fund to help missionaries all over the world.* What a great opportunity this is for each of us to personally support the missionary program."

The bishop then asked ward members to contribute to the ward missionary fund if they felt they could.

Bart and Chad arrived home bursting with excitement. "Mom, we need to help the missionaries!"



Mom smiled at their enthusiasm. "When you earn money and pay your tithing, maybe you could also give a little extra money to the missionary fund."

A look of concern crossed Bart's face. "Mom, we have to give more than that!"

"And the bishop said they need money now," Chad added.

"What do you suggest?" Mom asked.

Bart thought for a few moments, then went to his room and returned with a box of change he had been saving.

"This is all the money I have right now," he explained, pouring it out onto the table.

Chad followed his brother's example and soon returned with his own savings, which he added to the mound of coins.

Bart noticed an empty quart jar next to the sink, and an idea popped into his head. "Mom, could we please use that jar for our money?"

"Sure."

"And would it be OK if we went through the house and added any loose coins we find?"

"I think that's a great idea."

Bart and Chad discovered that hunting for missionary





coins was more fun than any treasure hunt. With each quarter, dime, nickel, and penny they dropped into the jar, their smiles widened and their determination grew.

Together they searched every cupboard, drawer, and closet. They peered under every rug, bed, and piece of furniture. When they were sure they had not missed a square inch of the house, they presented a nearly full jar to their mother. “Would you please call the bishop and make an appointment for us?” Bart asked.

Mom dialed the phone number and soon reported that the bishop would be happy to meet with them that afternoon.

As the bishop welcomed them into his office, Mom explained why they were there. Tears filled the bishop’s eyes as Chad and Bart proudly placed the jar of coins in his hands. Together they counted the

money, filled out a donation slip, and poured the coins into a large envelope.

The bishop smiled warmly. “Thank you so very much for such a wonderful contribution to the missionary fund. If you don’t mind, I would like to keep this jar as a reminder of one of the most wonderful experiences I have ever had. This may look like an empty jar, but to me it will always be filled with love and the testimonies of two special young men.”

As they left the building, Bart turned to Mom. “I feel just as full as that quart jar.”

“So do I!” Chad exclaimed.

“That makes three of us,” Mom said, giving her boys a big hug. ●

Myrna M. Hoyt is a member of the Orderville First Ward, Kanab Utah Stake.

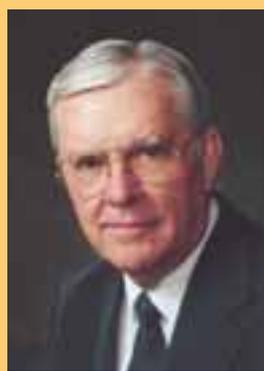
Now Is the Time

BY ELDER M. RUSSELL BALLARD
Of the Quorum of the Twelve Apostles



When individuals feel the Spirit working with them, or when they see the evidence of the Lord's love and mercy in their lives, they are strengthened spiritually, and their faith in Him increases.

Recently a stake president shared with me a tender story. Both the Relief Society and the priesthood had been working with a family in their stake but had failed to make progress with the parents. Primary leaders found the answer. Permission was given by the parents for their young daughter to attend Primary. Their one condition was that she had to want to go badly enough to get there on her own. Rides to church could not be provided. Because she had to go through a rough part of town, the ward council saw to it that someone would drive along beside her as she



Did you know that Elder Ballard likes to fish and golf? He teaches us about the importance of sharing the gospel.

rode an old bicycle to church.

Through summer heat, through rain and even snow, she persisted in going to church. At Christmastime, a family in the ward gave this faithful little girl a new 10-speed bicycle. This so touched the parents that they too began attending church. This young girl was baptized. What made the baptism even more special was that it was performed by the newest priest in the ward, her recently activated father.

Now is the time for members of the Church to be more bold in reaching out to others, helping them to know the Church is true. We must move forward with the promise that the Spirit will bless us to know what to do and what to say as we assist those who are seeking to know the truth. ●

From an October 2000 general conference address.



Trying to Be Like Jesus

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

Pledging Allegiance

By Paula Garcia

I was faced with an assignment at school that made me very uncomfortable. Our teacher asked half the class to write an essay on why we should keep the words *under God* in the Pledge of Allegiance (of the United States) and the other half—my half—to write an essay on why we should take them out. I was sad and felt that I could not do this. I believe in Heavenly Father and have a testimony of Him, and I wanted to keep His name in the pledge. I went to my mom with this problem, and she told me to express my true opinion. She also told me to tell the teacher how I felt. So the next day I turned in the assignment and told my teacher why I could not do as she had asked. To my



amazement, that is what she wanted. She hoped we would stand up for what we believed, and gave us the assignment to see if we would make that choice for ourselves. I was the only one in the class who did not defend the assigned point of view.

Paula Garcia, age 11, is a member of the Parkview Ward, Victorville California Stake.

Activity-day Missionaries

By Lia London Gubelin

This summer the older girls in our ward Primary went swimming at the local pool for activity day. Every girl came, and one brought a friend from another church. They were

I Will Seek Good Friends and Treat Others Kindly*

By Debbie Olsen



My daughter Emily is in kindergarten. Every day at recess she sees a little girl named Raye who is in a wheelchair. Raye can't walk or talk. Emily told me that she doesn't want Raye to feel sad because she can't run and play with the other children. So whenever she sees Raye, Emily sits with her and holds her hand and tells her stories. One day last week Raye looked cold, so Emily took off her own coat and

laid it across Raye's shoulders. Emily loves Raye and wants her to be happy.

Emily Olsen, age 5, is a member of the Keokuk Branch, Nauvoo Illinois Stake.





polite and courteous to each other and everyone around them. That alone would have made me proud, but the girls' next actions were such that I'm sure Heavenly Father was proud, too.

In the pool, an argument arose between some children not in our group. They were fighting over a raft, and the tension was growing. Some of our girls stepped in and helped make peace. They spoke in soft voices and helped keep the situation calm. In the end, everyone went away happy. A woman who saw the incident was so impressed that she approached one of our leaders to praise our girls and ask who they were.

A short while later, a man carrying a baby suddenly cried out, "I've lost my wedding ring!" With the baby in his arms, he could not find it by himself. Fortunately, he was standing near our girls. They instantly stopped playing and let the water settle. Within seconds,

one of them spotted the ring and dove to get it for the man. He was very grateful.

Neither the woman nor the man asked to be taught by missionaries right then and there. But if they come into contact with the Church again, perhaps they will remember the examples set by the activity-day girls.

The activity-day girls are members of the Kelly Creek Ward, Gresham Oregon Stake.

"Will You Please Stop?"

By Dominic Duncan

A girl in my class at school was saying the Lord's name in vain. I didn't like it. When we went to recess I wanted to ask her to stop saying it,

but I was very nervous. I finally got up my courage and said, "Will you please stop saying that word?"

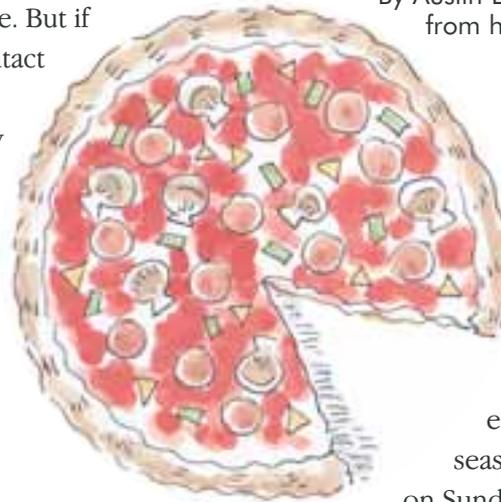


She said, "I can say it if I want to," and she said it again in my face. I asked her again to please not say it in front of me, and she said, "OK." Since then I haven't heard her say it.

Dominic Duncan, age 8, is a member of the Casa Grande Second Ward, Casa Grande Arizona Stake.

Pizza Party

By Austin Le with help from his mom

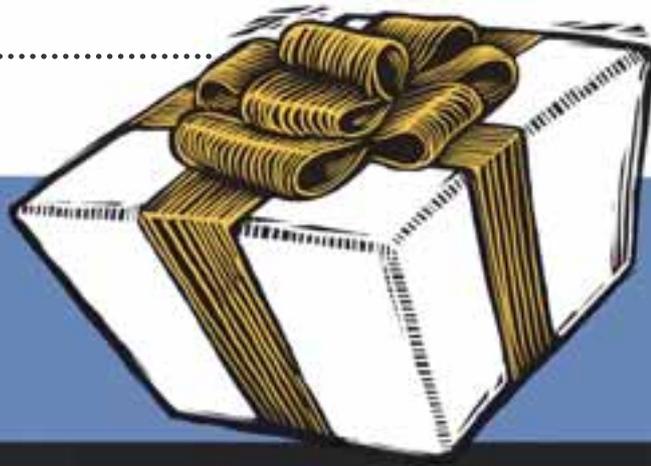


When I was playing soccer, my coach told us about a final pizza party at the end of the season. It was on Sunday! I felt that

I shouldn't go, even though I wanted to. I decided not to go because I wanted to choose the right.



Austin Le, age 5, is a member of the Morrisville Ward, Philadelphia Pennsylvania Stake.



A Gift for Kathryn



BY ANNE PETERSEN CREAGER

(Based on an experience from the author's life)

To him that is afflicted pity should be shewed from his friend (Job 6:14).

I don't know what it was about Kathryn. No one really disliked her, but no one liked her, either. She sat quietly at her desk and did her schoolwork. She always got the highest score, but no one competed with her. It was like she wasn't even part of the class—or the world for that matter.

When the bell rang for recess, most of us bolted for the door, nearly knocking the books from our desks. Not Kathryn. She sat still until everyone was out the door, and then she walked slowly behind.

I remember one day Mr. Ekhert, our fifth-grade teacher, called to her from the pitching mound. "Come on, Kathryn. Come play!"

I heard the boys moan, and I guess she heard them, too. She shook her head and wrapped her legs around the legs of the bench.

She'd played kickball with us before. Whenever anyone pitched the ball, she held out her hands and

ILLUSTRATED BY BRAD TEARE

muttered, "Slow. No bounces." No matter how fast or bouncy the boys pitched, she'd run toward the red rubber ball, swing her leg, and kick as hard as she could. She always missed. We'd groan, and large red splotches would burn her cheeks.

One day, in the middle of the year, Mr. Ekhert called roll like he always did. "Kathryn? Oh, that's right." He paused and marked something in his book. Then with a serious expression he looked up from his roll and said, "Class, do you know where Kathryn is?"

No one answered.

"Does anyone know where she's been for the past week?"

I shrugged my shoulders and glanced at the other kids, who also seemed unconcerned.

Mr. Ekhert sighed. "She's quite sick." He peered at us over his wire-rimmed glasses. "I wonder if there is something any of you can do for her."

I watched everyone slouch down in their seats, like I did. I thought if I shrunk somehow, maybe I wouldn't feel so guilty.

"Where *has* she been?" I wondered. "The hospital?" I felt ashamed that I hadn't even noticed she was gone.

That day as I rode the bus home, I didn't talk to my friends or even argue with the boy kicking the back of my seat. I stared out the window and thought about Kathryn. I didn't know why she was so different. I didn't even know why exactly no one talked to her. She was smart and nice. But she wasn't pretty and she wasn't funny; she never laughed at any jokes. She wasn't good at any sports, but she wasn't mean, either. I thought about Kathryn for a long time. When I tried to put her out of my mind, I kept seeing her face. "Maybe I should do something for her," I thought.

That afternoon, my friend Kami and I rode our bikes to the store. As I gazed into the glass-covered candy counter, I saw a box of bracelets I'd never noticed before.

"Look at those." I nudged Kami with my elbow. She shrugged, but I felt warm inside and knew I needed to buy one of those bracelets for Kathryn.

I counted the change in my pocket. I had exactly



enough for the bracelet and a few pieces of candy. I plunked my money down on the counter, and the clerk put the bracelet and candy into a paper bag for me.

On the way home, I didn't eat a single piece of candy, and when Kami asked for one, I said no. It felt strange, buying a present for someone I hardly knew. All evening I kept looking at the paper bag until finally I went to the closet and found a box to wrap it in.

The next day I felt like butterflies were flying around the back of my throat. I could hardly speak to anyone. When the three-o'clock bell rang, I threw my backpack on my shoulder and walked down the street past the buses. I followed the map my mom had drawn for me until I arrived at the right house. I swallowed and walked up the stairs to the front door.

"Hello," an older woman said, opening the door.

"Is Kathryn here?" I held the package behind my back.

The woman stared at me in surprise. She pulled the door open and motioned for me to come in, not saying a word.

I don't remember what her house looked like or any other details—I only remember the stunned look in Kathryn's eyes as I walked through her bedroom door.

"Hi," I said, pulling the package from behind my back. I handed it to her.

She took it but didn't say anything. She opened the



card I had written and then ripped a little hole in the package. I felt uncomfortable watching her open it, like I was intruding. She pulled the bracelet out and held it up to the lamp. Then she popped a piece of the candy into her mouth.

"Thank you."

I stepped back and said, "I hope you feel better soon. See you at school." Nervously I tripped out of her bedroom and left.

As I walked back to school, my throat felt swollen. I thought about Kathryn and about the look on her mother's face when I came to the door. I don't think anyone had ever gone to her house before.

I stood on the steps in front of the school and watched the late bus come around the corner. I did not know why I kept thinking about Kathryn. I didn't even know if she would want to be my friend when she came back to school. I didn't know what to think.

Suddenly, I imagined a smile spread across Kathryn's face. Goose bumps popped out all over my skin, and I felt warm inside. I hoped I could become Kathryn's friend when she came back to school. And I hoped maybe others would reach out to her, too. But no matter what happened, I knew I had done the right thing, and I knew that Heavenly Father knew it. He had helped me help Kathryn, and I would never regret it. ●

Anne Petersen Creager is a member of the East Cleveland Branch, Kirtland Ohio Stake.



"Kindness overcomes the rudeness of selfish intent. Each of us can develop . . . kindness at home, at school, at work, or at play."

Elder Russell M. Nelson of the Quorum of the Twelve Apostles, "These . . . Were Our Examples," *Ensign*, Nov. 1991, 61.

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 November is “Keeping the Sabbath day holy can strengthen my family.”



Family Home Evening Ideas

Look for the FHE symbol on the pages mentioned below.

1. Read President Gordon B. Hinckley’s message “Take Not the Name of God in Vain”

(pages 2–3). What blessings are we promised for not swearing? Use the Topical Guide to find scriptures on using clean language (see listings for Profanity, Blasphemy). To help you keep control of your thoughts and words, memorize a scripture to recite whenever you’re tempted to use bad language.

2. To find out how Latter-day Saints first celebrated Thanksgiving in 1848, read “The First Thanksgiving in Utah” (pages 4–6). What do you think they were most grateful for? Read the poem “Gratitude” (page 7) to remember the kinds of things we are grateful for today. Then complete the activity “Blessings Tree” (pages 34–35).

3. Read “My Prayer Was Answered” (pages 10–12) to find out why a boy prayed to help his cows. The Lord loves all of His creations, including animals. As a family, complete the word search



See pages 4–6.

“Animals in the Scriptures” (page 31). Discuss ways we can show respect for Heavenly Father’s creations.

4. How we can learn from both prophets in the scriptures and prophets who speak to us today? To read both ancient and modern messages from prophets, complete the activity “The Lord Speaks to Us through Prophets” (pages 24–25).

5. Read “A Gift for Kathryn” (pages 46–48). Like the girl in the story, how can you find out who needs your help? Commit to pray throughout the week that the Holy Ghost will help you serve someone. Complete the activity “Serving Others” (page 26) and display it to remind you to be helpful.

6. For more ideas, see page 38.



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Manuscript Submissions

The *Friend* welcomes unsolicited manuscripts but is not responsible for them. Rejected manuscripts will not be returned unless a stamped, addressed envelope is enclosed. Send manuscripts to *Friend*, 24th Floor, 50 East North Temple, Salt Lake City, Utah 84150-3220. Send e-mail to cur-editorial-friend@ldschurch.org.

Send children’s submissions to *Friend*, 24th Floor, 50 East North Temple, Salt Lake City, Utah 84150-3220, 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.

What's in the *Friend* this month?

page 2

President Hinckley tells us about a time he was taught not to swear.



page 10

A train is coming and the cows are on the track. What does Thad do?

page 38

Use the article "Remember the Sabbath Day" for a family home evening lesson and activity.

