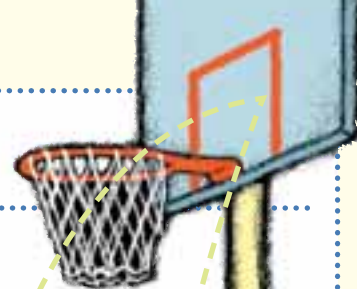


A low-angle, close-up photograph of a woman with blonde hair, looking upwards with a gentle expression. She is wrapped in a thick, blue, textured blanket. A hand, wearing a light-colored long-sleeved shirt, rests gently on her right shoulder. The background is a soft, out-of-focus blue sky. The overall mood is warm and comforting.

# the Friend

JUNE • 2005

# Friends by Mail

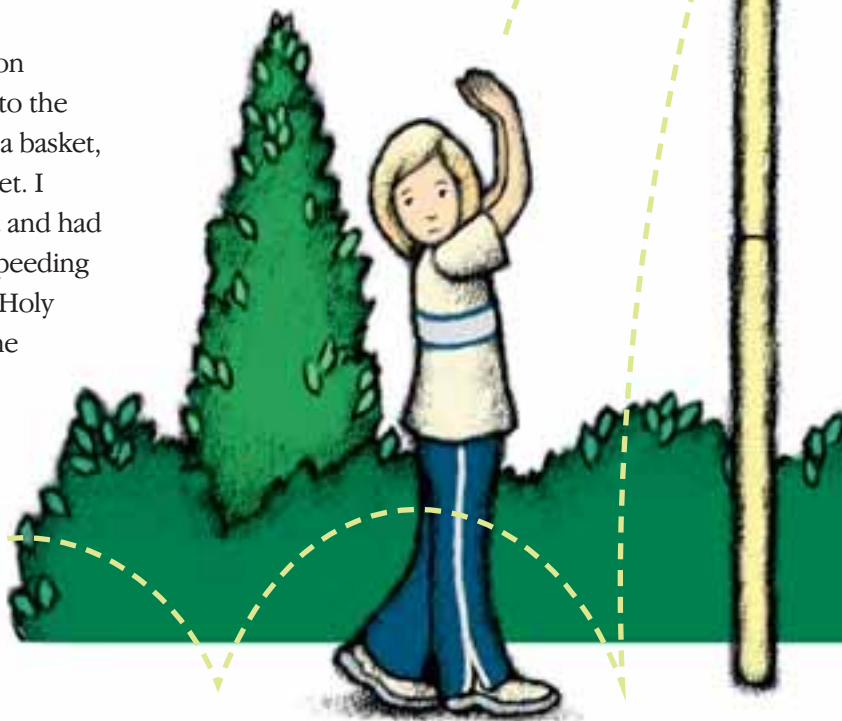


## Step Back!



**B**efore my basketball game on Saturday, I went outside into the front yard to practice. I missed a basket, and the ball rolled into the street. I stepped into the street to get it and had a feeling that I should step back. I did, and a speeding car raced right past me! I'm glad I obeyed the Holy Ghost, and I'm happy that I was baptized so the Holy Ghost can always be with me.

Lindsey Trendler, age 9  
Mesa, Arizona



## A Priesthood Blessing



**I** fell in gym class at school and hit my head on the floor. My head hurt really bad, and my stomach was upset. I also felt weird and very tired. When my dad got home from work, he gave me a

priesthood blessing. After the blessing I wasn't scared anymore. My mom and dad took me to the emergency room, and the doctor said I had a concussion.

Five days later my mom took me to the doctor again. This time they rushed me to a children's hospital. It turned out that I had fractured my skull and had a bleeding artery in my brain that caused two blood clots. The doctors were really surprised that I was doing so well. I know it was because of the blessing my dad gave me. I stayed in the hospital for three days. When I got home, the bishopric came and gave me another blessing. A lot of people prayed for me. Within weeks the blood clots were gone, and I made a full recovery.

I know that Heavenly Father and Jesus Christ know me and love me, and I look forward to the day when I can hold the priesthood.

Matthew Nielsen, age 7  
Aurora, Illinois

## Songs and Scriptures



**M**y sister reads her scriptures every night for seminary. I try to read my scriptures each night now, too. One night my sister and I decided to watch a movie and sleep downstairs. After the movie I felt afraid and went upstairs to sleep in my bed. I couldn't go to sleep, so I listened to Primary songs. Then I read my scriptures. I was able to fall asleep without feeling scared. The Primary songs and scriptures made me feel peaceful and happy.

Rachel Cottle, age 9  
West Bountiful, Utah

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the **Friend**

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

**HIDDEN CTR RING**

In Ukrainian,  
"choose the right"  
is written like this:  
Вибирай правильно.

As you look for the  
Ukrainian CTR ring hidden  
in this issue, think of ways  
you can gain more faith.







# Your Fascinating History



**President Faust teaches that finding your ancestors can be one of the most interesting puzzles you work on.**

**BY PRESIDENT JAMES E. FAUST**  
Second Counselor in the First Presidency

**P**icture with me a little six-year-old orphan girl traveling across the plains of America. Her name is Elsie Ann. Her mother died when she was two. Her father remarried, and so for a time she had a stepmother. Then her father died at Winter Quarters when she was five. Her stepmother remarried and moved away, leaving this little orphan behind with Peter and Selina Robison, who were related to her stepmother. Elsie Ann left Winter Quarters with the Robisons in July of 1849 to come west. She no doubt ached for the love of her own mother. Sometimes she would even ask, “Where is my mother?” Elsie Ann was my great-grandmother.

My grandparents have had a great influence on my life. Even though they have been dead for many years, I still feel their love. One grandfather, James Akerley Faust, died before I was born. I knew him only through the stories my grandmother and my parents told about him. However, I feel a strong kinship with him because I am in part what he was. Among other things, he was a cowboy, a rancher, and a postmaster in a small town in central Utah. On one occasion Grandfather took a trip in the winter to Idaho, where he met an acquaintance who

had fallen on hard times. It was cold, and Grandfather’s friend had no coat. Grandfather took off his coat and gave it to him.

I encourage you to begin to unlock the knowledge of who you really are by learning more about your forebears. They were very real, living people with problems, hopes, and dreams like we have today. The virtues they had may be our virtues, their strengths our strengths, and in a way their challenges could be our challenges. Some of their traits may be our traits. I noticed a while ago that one of my great-grandsons, a toddler, seemed to have an interesting kind of a walk. My wife said, “He walks just like you do!” Now I wonder from whom I inherited this characteristic.

Each of us has a fascinating family history. Finding your ancestors can be one of the most interesting puzzles you can work on. It can be more fascinating than any movie or any computer game.

Because this is a very spiritual work, we can expect help from the other side of the veil. We feel a pull from our relatives who are waiting for us to find them so their temple ordinance work can be done. This is a Christlike service because we are doing something for them that they cannot do for themselves. ●

*From an October 2003 general conference address.*





# THE BIG RUN





BY RAY GOLDRUP

(Based on a true story)

*Without faith you can do nothing* (D&C 8:10).

**E**ach summer, seven-year-old Dennis helped Grandpa farm his fields, located three miles outside their hometown. Dennis loved everything about Grandpa and his farm. He marveled at the morning sun boiling up over dark hills, the liquid gold of sunset clouds, and the skill in Grandpa's strong hands as he worked the land that meant so much to him.

Most of all, he marveled at Grandpa's faith. Dennis could see it in his pale blue eyes that burned in his sun-baked face like fire whenever he spoke of Heavenly Father.

"Give us strength of body and spirit, dear Father, to do today that which we must," Grandpa prayed one morning as Dennis and Grandma sat at the breakfast table with bowed heads. "Let us be of service, and let our faith be strong." After breakfast Dennis and Grandpa climbed onto Grandpa's tractor and set off down the lonely road to the farm.

After working a few hours, Grandpa stopped the tractor and gazed across the hilly landscape of his half-furrowed fields. "Well, son," he said. "What do you think?"

Dennis wiped the sweat and dust from his face with the back of his hand. "I think I'm tired. There's too much field, Grandpa. It seems to go on forever, and I'm afraid we'll never get it done. Besides, it's hot, and I think there's enough dirt on me to plant a garden."

Grandpa laughed and ruffled Dennis's dusty hair. "You may be right, sprout. But to have a good harvest I've got to plow a good portion of earth. Half jobs yield

half results, and half a crop just won't do. Besides," he added with a wink, "to put off work at my age could be fatal." Grandpa chuckled and passed a canteen of cold lemonade to Dennis.

Dennis grinned and swallowed a few big gulps.

"You know," Grandpa said as he squinted into the gold-brown haze of the late morning light, "President Joseph F. Smith once said, 'We cannot give up; we must not lie down.' He was talking about the courage of faith. He said, 'Men who possess that divine quality go on.' "\*"

Dennis scrunched up his face until he looked like a dirt clod with eyes. "What's 'courage of faith,' Grandpa?"

Grandpa mopped his forehead with a worn bandanna. "To go on. In our case, it means finishing these furrows no matter how hot and dirty the job, no matter how big the field. Especially when that old sun up there and the ache in my back tell me to quit right now." He patted Dennis's leg, raising a cloud of dust. "But your help takes the quit right out of it."

Dennis smiled.

Later, when the canteen was empty, Grandpa decided that it was time to refresh their water supply. He turned the tractor and began to drive it up the hill toward the nearby spring.

But he misjudged the steepness of the hill. Suddenly the front of the machine began to lift off the ground, tipping them backward. "Jump!" he yelled to Dennis as the tractor arched back.

Dennis leaped to safety. Grandpa tried to follow him, but it was too late. The tractor pitched over backward,

\* See *Teachings of Presidents of the Church: Joseph F. Smith*, 107.

pinning Grandpa beneath it. He screamed, his face twisted with pain. He turned his head toward Dennis, who stood frozen with horror. "You'll have to go for help," Grandpa gasped. "And be quick, son. Be quick!"

For a moment Dennis stood there, his heart drumming. Grandpa's *life* depended on him! He took a deep breath and plunged down the hill. All he had were his short legs and the knowledge that help was three long, hot, dusty miles away.

He hit the bottom of the hill at a dead run. His throat and lungs burned as he started down the road that seemed to stretch out forever. His heart and head pounded. Dark thoughts beat at him in rhythm with the hammering of his feet on the hard-baked earth. "I'm only seven. I'm not a runner. I'm already tired. I can't do it. I'm only seven. . . ."



Spilling into his thoughts like a flood of light came the words of a prophet: "We cannot give up; we must not lie down." Then Grandpa's prayer from that morning echoed through his mind: "Give us strength of body and spirit, dear Father, to do today that which we must."

Hot tears filled Dennis's eyes as he ran. "Help me, Heavenly Father," he prayed aloud in ragged, winded gasps. "Help me to do what I must."

A little while later, Dennis burst into his house, staggering with exhaustion. "Dad!" he croaked. "Grandpa needs help!" Within moments, help was on its way.

He had done it. He didn't know how, but Heavenly Father had made it possible. And so had the courage of faith.

Grandpa was rushed to the hospital. His leg was badly mangled. He had to stay in the hospital for several weeks and was in bed for a year after that. But in time he healed completely. The doctor told the family that if it hadn't been for Dennis's big run, things probably would have turned out differently. And Dennis knew that if it hadn't been for what Grandpa had said, he couldn't have done it. The hug Grandpa gave Dennis when he was well enough made Dennis very glad that he had. ●

*Ray Goldrup is a member of the Bennion 15th Ward, Bennion Utah Stake.*



"Through faith, heaven itself can be moved in our behalf."

**Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles, "One Step after Another," *Ensign*, Nov. 2001, 27.**





# Jumping Fences



**From an interview with Elder Daryl H. Garn of the Seventy, currently serving in the Asia Area Presidency; by Callie Buys**

*Children, obey your parents in all things: for this is well pleasing unto the Lord (Colossians 3:20).*

**A**s a young boy living on a small farm in Fielding, Utah, I always wanted a horse. When I was old enough to take care of one, my dad bought me a big black horse, and I named him Smokey.

I loved Smokey and took care of him the best I could. One morning when I went out to feed him, he was not in his corral. I hunted around and found him in the haystack, which was fenced off from the corral. He had been making a mess—trampling on the hay and ruining it. All the gates were closed; Smokey had obviously

jumped over the fence. His manger had hay in it, so there was no reason for him to go into the haystack.

A few days later Smokey was gone again. This time I found him out in the pasture. Soon he started jumping out of both the corral and the pasture. I had to ride my bike all over town looking for him. Sometimes Dad and I drove for miles before finding him and bringing him back.

Dad decided to buy some hobbles for Smokey. Hobbles are like handcuffs for horses to keep them from running away. “That will fix old Smokey,” Dad said.

It didn’t even slow him down. Jumping fences became a game to him, and he wasn’t much fun anymore. He was wild. I couldn’t catch him, and I couldn’t ride him

**Elder and Sister Garn with their family**





very much. Finally Dad said, “We’ll teach old Smokey a lesson.” We tied a heavy log-chain to Smokey’s hobbles so that wherever he went he would have to drag an eight-foot (2.5-m) log-chain between his legs. We thought surely this would stop him.

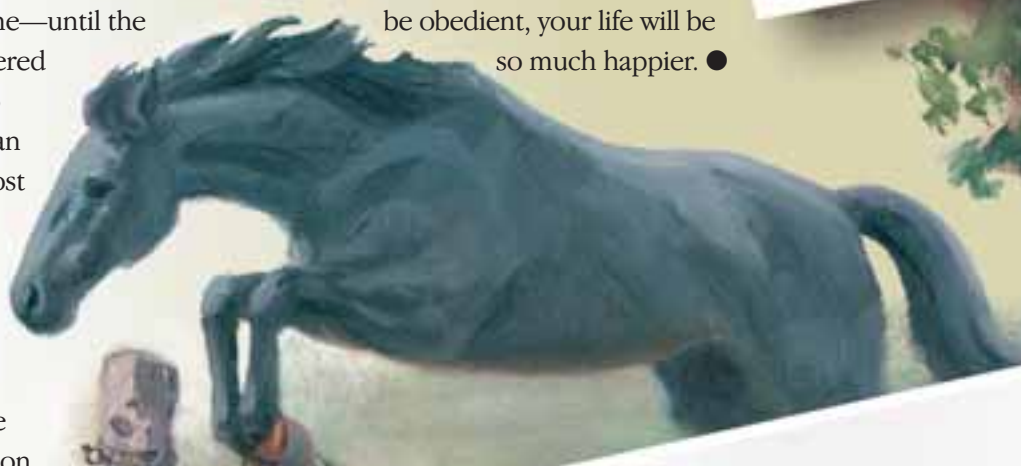
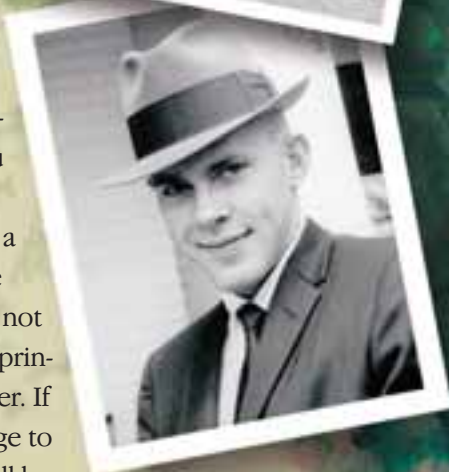
But that night Smokey tried to jump the fence again. The chain caught and tripped him. He fell into the fence and got cut up in the barbed wire. We got him out and called the veterinarian, who came and patched him up.

My home teacher, whom I called Uncle Claude, was a real horseman. He had an idea for Smokey, so he traded a gray horse to me for Smokey. Uncle Claude raced chariots, and he thought that if he could team Smokey with a horse that was a good chariot racer, he could break Smokey’s bad habits and they could win some races. So Uncle Claude hooked Smokey up to the chariot, and they practiced a few times. Smokey seemed to be doing just fine—until the race. All of a sudden he veered off to the right and tried to jump over the fence that ran alongside the track. It almost killed Uncle Claude, and Smokey hurt himself so badly that he had to be put to sleep.

I’ve thought about my old horse many times since then. He had no good reason to jump over the fence that first time he got into the haystack. He was like some young people who decide that they want to be disobedient. Once we jump that first fence, it becomes easier to jump other fences—breaking the commandments and

the principles of the gospel—and before long we can destroy our lives through disobedience.

It is important to honor your father and mother and to be obedient to what they ask you to do. Their rules are often the first fence. It’s a sad day in a person’s life when he or she decides not to obey parents, gospel principles, or Heavenly Father. If you decide at a young age to be obedient, your life will be so much happier. ●



**From top: Playing basketball in college; About age 17; Riding his horse at about age 18**









# Snapshots of Heaven

BY SHEILA KINDRED

(Based on an experience of the author)

*The spirits of those who are righteous are received into a state of happiness, which is called paradise (Alma 40:12).*

Where is David?" I had asked this question many times before, so I already knew the answer.

"In heaven." My mother smiled sadly. She added, "If we live righteously, someday we can be with him again."

David was my oldest brother. He had died before I was born. Even though I'd never known him in life, I had seen him in photos and home movies. I felt close to him.

I had another older brother, Jeff. He was barely a year older than I was, but while I was timid and shy, Jeff was fearless. In our backyard was the tallest tree in the neighborhood. I liked to look up its trunk into its vast reaches,

where it seemed to touch the clouds. I imagined myself at its top, but I couldn't even reach its lowest branches. This didn't stop Jeff. He stood up on our little red wagon and scrambled up the trunk like a monkey, disappearing into the thick foliage. From the leafy shadows his voice beckoned to me. "Come on. Come see what it's like up here."

I shook my head. It looked too dark and dim up there, like the inside of a cave or a long tunnel. I was afraid to follow him.

I wondered if David would have climbed the tall tree as fearlessly as Jeff. Would he have raced Jeff to the top? I would never know, because while Jeff was climbing the tree's topmost branches, David was in heaven.

"Where is heaven?" I asked my mother later that day. "Is it far away? What does it look like?"

"Prophets tell us that those who have died are not far from us, so heaven is very near," my mother explained. "Joseph Smith said that it is so beautiful we would do anything to get there.

Jesus described it as having many mansions and assures us that He



has gone ahead to prepare a place for us. It must be a wonderful place—even more wonderful because Jesus is there, waiting for us.”

“And so is David,” I said.

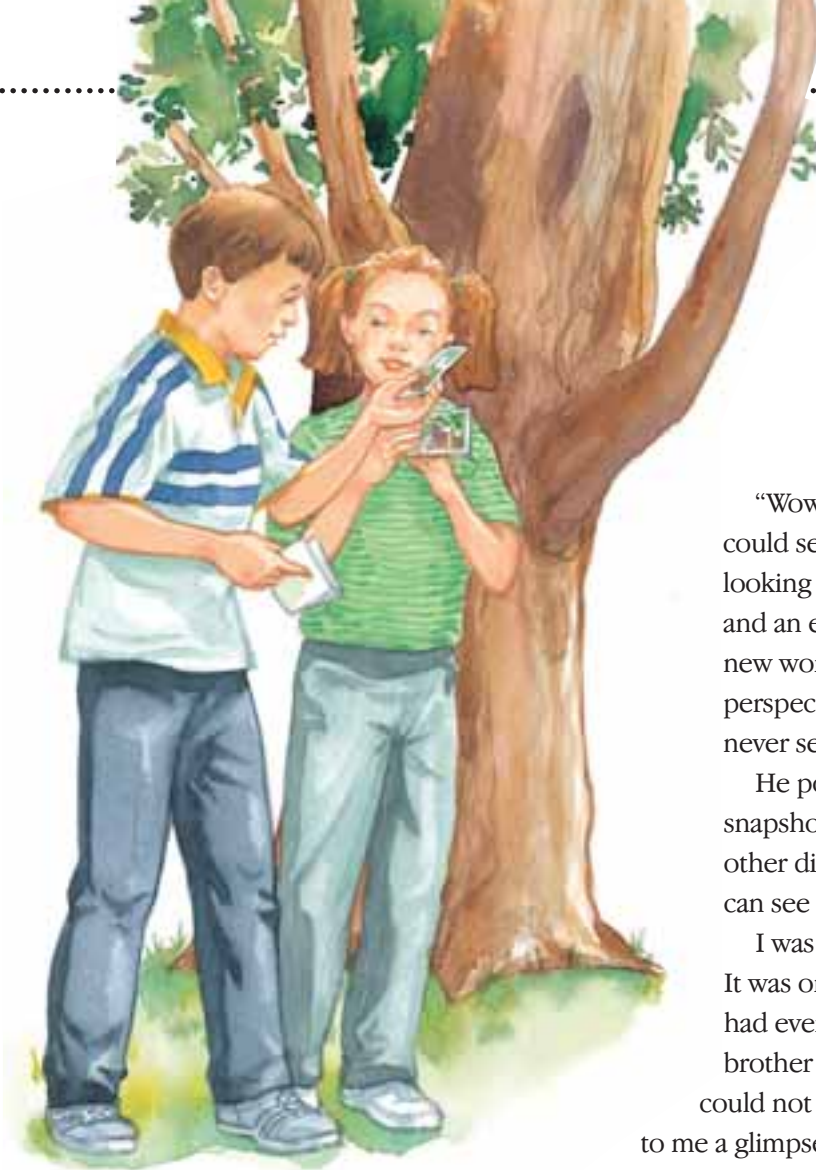
“Yes, he is.” My mother patted my cheek, and I saw tears of hope in her eyes.

I accepted my mother’s answers even though it was hard for me to imagine such a place. Heaven must be like the beautiful earth I knew, but much more glorious and beautiful. But if it was so close, why couldn’t I see it?

Jeff got a camera for his ninth birthday. It was an expensive kind, but he loved that camera and took pictures of everything. His favorite subject was nature: birds, our family dog, vacation scenes. One day he put two snapshots into my hands. “Look,” he said, with unconcealed excitement.

“What is it?” I turned the snapshots up and down, trying to see something recognizable.

“It’s the view from the top of the tree,” he said, his face lit with enthusiasm. “Since you couldn’t climb up, I took some pictures for you.” He pointed to each snapshot. “This one is looking towards the mountains. See the church steeple sticking up through the trees?”



“Wow!” I breathed. Now I could see clearly what I was looking at: treetops, rooftops, and an endless sky. It was a whole new world, a totally different perspective, something I had never seen or even imagined.

He pointed to the second snapshot. “This one is looking the other direction. On clear days you can see all the way to the ocean.”

I was awestruck and grateful. It was one of the greatest gifts I had ever received. My older brother had gone to places I could not go and brought back to me a glimpse of their beauty. It was

truly amazing.

And he had given me another gift as well. That experience helped me to understand how there could be a heaven—a place of glory just beyond my reach. I might not be able to see it, but it was there. I felt certain of this. And I felt equally certain that someday I would stand hand in hand with my brothers, gazing upon the wonders of heaven, in glorious living color. And Jesus would say, “Come. See the place that I have prepared for you.” ●

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



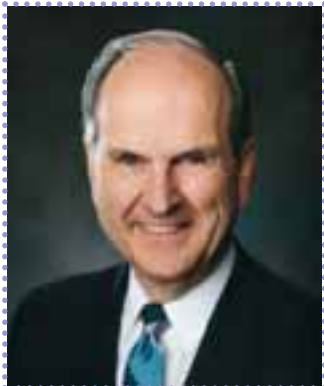
“The world of spirits . . . is a place of paradise and happiness for those who have lived righteous lives.”

**Elder Robert D. Hales of the Quorum of the Twelve Apostles, “The Eternal Family,” *Ensign*, Nov. 1996, 66.**



# Getting to Know Elder Russell M. Nelson

To learn more about Elder Russell M. Nelson of the Quorum of the Twelve Apostles, match the pictures in the right column with the clues in the left column.



1. When he was young, Elder Nelson had many part-time jobs: running errands for his father's advertising company, working in a bank, working in a photo studio, and working at this place.

2. He has perfect pitch and has sung in many choirs, including award-

winning quartets. He also plays this instrument.

3. In college he worked hard. He started his career at age 22 as one of these.

4. He met his wife, Dantzel White, while they were both performing in a university play. They were married here on August 31, 1945.

5. He worked on a team that made medical history by developing a machine that could perform the functions of the lungs and this body part while a patient was undergoing surgery.

6. During the Korean War, he served two years of military medical duty in Korea, the United States, and this country.

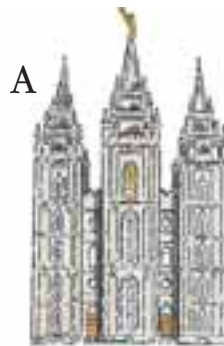
7. He has this many daughters and one son.

8. As a family they read scriptures together, had family home evening, and ate meals together. They also enjoyed playing musical instruments, swimming, playing tennis, and riding these.

9. Elder Nelson calls this winter sport one of his "greatest loves."

10. Elder Nelson enjoys getting up early to study the scriptures, pray, and play these songs on the organ. That way his mind is "filled with good things—the scriptures and fine music."

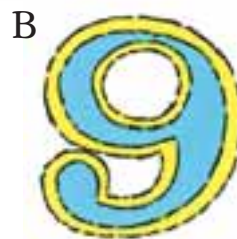
(See *Ensign*, Jun. 1984, 8–13.)



A



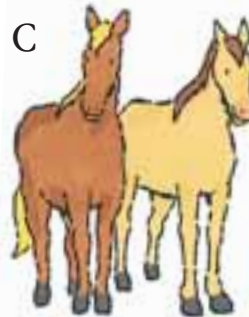
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G



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D



I

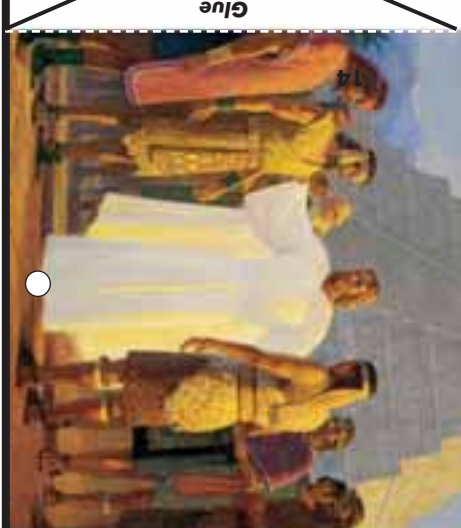


E

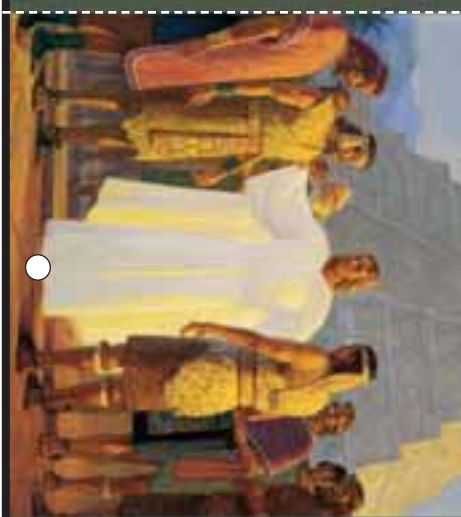


J

Answers: 1) G, 2) F, 3) A, 4) H, 5) D, 6) E, 7) B, 8) C, 9) I, 10) J



**And Christ hath said: If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me**  
(Moroni 7:33).



**And Christ hath said: If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me**  
(Moroni 7:33).

**Get on your knees and pray and stand on your feet and do His will and put your trust and faith in Him, and God will bless you**  
(Ensign, Apr. 2002, 5).



**And Noah did according unto all that the Lord commanded him**  
(Genesis 7:5).



**Because of my faith in Jesus Christ, I will**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**I will go and do the things which the Lord hath commanded**  
(1 Nephi 3:7).



**I kneeled down and began to offer up the desires of my heart to God**  
(Joseph Smith—History 1:15).



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# I'll Follow Him in Faith

BY MARGARET LIFFERTH

*We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost (Articles of Faith 1:4).*



What does it mean to have faith? Faith is believing in things that are not seen but are true (see Alma 32:21). The first principle of the gospel is to have faith in Jesus Christ. Even though we have not seen Jesus, we can have faith that He lives and loves us.

Our faith in Jesus Christ will grow as we read about Him. The New Testament teaches of when He was on the earth. We can read about Jesus healing a blind man and calming a storm. The New Testament teaches that He suffered for our sins, that He died, and that He was resurrected on the third day.

The Book of Mormon teaches that after Jesus Christ was resurrected, He visited the people in America. Many saw and touched Jesus. He administered the sacrament, healed the sick, and organized His Church.

The Pearl of Great Price gives us the account of Joseph Smith's First Vision. Joseph Smith had faith that Heavenly

Father would answer his prayer. Heavenly Father and Jesus Christ appeared to Joseph Smith.

We can read the testimony of Joseph Smith in the Doctrine and Covenants: "This is the testimony, last of all, which we give of him: That he lives! For we saw him, even on the right hand of God" (D&C 76:22–23). As we read the testimonies of those who knew Him, our faith will grow and we too will bear testimony that Jesus Christ lives today and that He knows and loves us.

## *Faith in Christ Mobile*

Remove page 14 from the magazine, and glue it to heavy paper. Cut along the solid lines. Form the long panel into a box by folding the dotted lines and gluing the tab. Draw or glue a picture of yourself in the blank panel, and write something you will do on the blank lines. Fold the five small panels along the dotted lines so the pictures and scriptures are on the outside. Punch holes where indicated. Attach pieces of string to the top of the box. Tie the picture of yourself to the strings at the top of the box so it hangs through the center of the box and 5" (13 cm) below the bottom of the box. Tie the four remaining pictures to the bottom of the box. (See illustration.)



## 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. Using the shape of the shield in the front of the CTR manual as a pattern, draw a large version of the shield and cut it out. Cut the shield into seven puzzle pieces and write on each piece one of the following scripture references that teach of the characteristics of Jesus Christ: Abraham 3:27 (Christ chosen as Savior), Jacob 4:9 (Creator), John 20:31 (Jesus is the Christ, Son of God), 3 Nephi 27:21 (example), John 11:25 (made it possible for us to be resurrected), Alma 34:8 (atoned for our sins), D&C 110:2–8 (He lives today and guides His prophet). Teach the children the fourth article of faith and that faith in the Lord Jesus Christ is the first principle of the gospel. He is our Savior. He lives today and loves each of us. Divide the children into seven groups and give each group a puzzle piece. Invite each group to find the scripture reference, decide what it teaches about Jesus Christ, and write that quality on the puzzle piece. Invite one child from each group to bring the piece up and put the puzzle together. Ask, “How can our faith in Jesus Christ form a shield? Why is a shield of faith important for us to have today?” Read and discuss D&C 27:15–17. Bear testimony of your faith in the Savior. Give each child a small paper shield on which they can write an expression of faith, gratitude, and testimony of Jesus Christ to take home and share with their families. Sing “He Sent His Son” (pp. 34–35).

*For younger children:* Use GAK pictures from the New Testament section to teach characteristics of Jesus. Let them draw on the paper shield a picture of one thing they can do to show they are thankful for Jesus Christ.

2. Put the following pictures in an upside-down stack: GAK 304 (Lehi and His People Arrive in the Promised Land), 308 (Abinadi before King Noah), 310 (Ammon Defends the Flocks of King Lamoni), 313 (Two Thousand Young Warriors), 314 (Samuel the Lamanite on the Wall), and Primary 4-26 (An Angel Appears to Alma and the Sons of Mosiah). Write the names of each of the prophets shown on the pictures, as well as the names of two or three other Book of Mormon prophets, on the chalkboard. Tell the children that the names of the prophets, plus others not shown in the pictures, have been written on the board as clues. Invite a child to choose a picture from the stack without showing it to anyone else. Let the child look at the picture to identify the prophet and review the story in his or her mind. Have the child play “Who Am I?” with the rest of the Primary children by answering their questions with “yes” or “no” until the children can guess which prophet he or she represents. Also, they must ask questions beginning with the phrase, “Did your faith in Christ. . .” (Example: “Did your faith in Christ help you protect the king’s flocks?”) Play the game until each prophet is known. Sing the verse from “Book of Mormon Stories” (pp. 118–19) that teaches about that prophet.

3. Post a picture of the Savior at the top of the chalkboard. Have the children follow along in their scriptures as you summarize the principles in Alma 32:27–43. Teach the importance of planting the seed of faith in our hearts. Draw a seed on the chalkboard and ask, “How do we nourish the seed?” Have the older children turn to pages 4–5 in their *Faith in God* guidebooks and review the basic requirements for the Faith in God Award. Pick songs from the *Children's Songbook* that teach each principle of the basic requirements—for example: prayer, “I Pray in Faith” (p. 14). Play a brief “music clue” to identify one of the basic requirements that will help us nourish our faith. Invite the child who identifies the clue to come to the chalkboard and draw stems, leaves, or branches on the “growing” plant. While that child is drawing, toss a beanbag to two or three other children

and invite each to stand and tell one thing they could do this week to nourish their faith with that requirement. Sing the songs and repeat for all six of the requirements. Have the last child who draws on the chalkboard add the “precious fruit.” Direct the children to the promise of the “fruit” in Alma 32:42. Help them find the footnote reference for the account of Lehi’s vision in 1 Nephi 8:10–18. Compare the verses about “fruit” in 1 Nephi with those in Alma. Sing “Faith” (pp. 96–97).

*For younger children:* Instead of using the *Faith in God* guidebook, teach the same principles of prayer, etc., with pictures from the GAK.

4. Because of their faith in Christ, modern prophets and prophets of old have fulfilled the work of God even in the face of strong opposition. Heavenly Father blesses those who keep His commandments in faith. Post the following GAK pictures on a board and briefly tell (or have the children help you tell) the stories: 102—Building the Ark (story on back of picture), 303—Nephi Subdues His Rebellious Brothers (story on back of picture), 416—Translating the Book of Mormon (story from *Primary 5* manual, lesson 5), 507—Brigham Young (story of crossing plains from *Primary 5* manual, lessons 40–41), 520—Gordon B. Hinckley (story of Accra Ghana Temple in *Ensign*, May 2000, 25–26; Mar. 2004, 75). Emphasize that these prophets were blessed because of their faith in Jesus Christ. Sing “Stand for the Right” (p. 159). Divide the Primary into five groups. Give each group a pair of shoes that they would associate with one of the prophets; for example, rain boots (Noah), sandals (Nephi), Sunday shoes (President Gordon B. Hinckley), cowboy boots (Brigham Young), and work boots (Joseph Smith). Each group is to choose one of My Gospel Standards and determine how faith in Christ will help them live that standard and what blessings they will receive as they live it. Let one child from each group stand in the “prophet’s shoes” and tell about their gospel standard and the blessings that come as they live it. Let the children guess which prophet they represent. Sing “Dare to Do Right” (p. 158).

5. *Song Presentation:* To teach “I’ll Follow Him in Faith” (*Friend*, Jan. 2003, 24–25), begin by teaching the melody. Sing the song for the children. Invite them to stand and “follow in faith” by marching in place to the 4/4 beat as you sing it again. Have the children hum the melody with you while they are still standing and marching. Point out that the melody is repeated within the verse except for in the last two measures of the sections. Post a picture of the Savior on the board facedown and cover it with pictures from the GAK or Primary packets that illustrate the concepts in each line of the song. Pick four pictures for each verse such as GAK 617 (Search the Scriptures), GAK 607 (Young Girl Speaking at Church), etc. Verse two might include GAK 216 (Christ and the Children), poster of My Gospel Standards, etc. Teach the words to the song by singing the first verse to the children. Invite them to listen to the words as they look at the pictures on the board and decide which picture illustrates each phrase in the verse. Tell them that there are no wrong choices. Sing the first half of the first verse and ask the children to do three things: 1) listen for a blessing from the Lord, 2) listen for something “I will” do, and 3) identify the pictures that illustrate the words. Take responses. Remove the pictures and place them in order on the board. Sing that much of the song together several times. Tell the children that as they learn the song, the pictures on the board will be removed and put in order until you can turn over the “surprise” picture underneath. Continue learning each section of the song. Turn over the picture of Christ and use it as a visual aid to teach the second ending.

6. *Friend* references: “Faith in the Lord Jesus Christ,” poster, Jan. 1999, insert; “You Are a Child of God,” May 2003, 2–6; “Thou Art the Christ,” Apr. 2003, 34–36; “A Growing Testimony,” Apr. 2003, 2–3; “Faith Helps Us Choose the Right,” Oct. 2002, 33–35; “Our Lord and Savior,” Apr. 2003, 7.



# In Harmony

OKSANA ANTHIAN  
OF BOIS-DES-FILION,  
QUEBEC, CANADA

BY MONICA WEEKS

**V**ivre avec ma famille à tout jamais, ensemble à tout jamais. . . .” You might recognize this song if you knew its English title: “Families Can Be Together Forever.” This song, along with many others, often rings through the halls of the Anthian home. Oksana Anthian, 9, her older sisters Sarah, 12, and Lydia, 11, and younger brother Benjamin, 7, regularly fill the house with music.

Oksana plays the piano, flute, and xylophone. She started playing the piano several months ago and has played the flute and xylophone for two years. She attends a special school that focuses on music, along with her sister, Lydia. Oksana studies French, English, and math at school like other children in Quebec, but there are more music classes than in a normal school. Oksana and



Lydia plays the violin while Oksana accompanies her on the piano.

Lydia are the only members of the Church in their school.

The Anthians live in Bois-des-Filion, a suburb of Montreal, Quebec, in Canada. In Quebec, many people speak both French and English. The Anthians speak mostly French—Oksana’s father, Eric, is from France. But the children are learning to speak English in school.

Oksana has had some challenges in her life. About two

years ago, she developed a lot

of pain in her back and legs, so much that she couldn’t walk or bend over. Her parents took her to the hospital, where the doctors discovered a tumor on her spine. As the doctors prepared to operate, they told her parents that she had a 50% chance of being paralyzed from the waist down. “I prayed that Heavenly Father



*Drawing and making crafts are always enjoyable for Oksana.*



*The Anthian family lives in a suburb of Montreal.*



*The Anthian family*

would help me," Oksana says.

"The doctors scheduled an emergency operation on fast Sunday," Oksana's mom, Andréé, explains.

"Members of our ward fasted for her. And when the doctor came out of the operating room, he said it was like a miracle." The doctors were able to easily remove the tumor without damaging Oksana's spine, which they had not thought would be possible. "It *was* a miracle," Oksana's mom adds. Today Oksana is healthy and happy, though she still has one more surgery scheduled to remove some metal rods placed in her spine, which are helping it to grow straight again.

She loves her family and enjoys spending time with them. One of her favorite activities is family home evening. Oksana likes the games and refreshments, and she also enjoys performing with her sisters: "Sometimes when I play the piano, Lydia plays the violin and Sarah sings." Another favorite family activity is movie night. Oksana says, "Each Friday, one of us gets to pick a video to watch." The children switch off choosing a movie from week to week. Family meals are another fun time—Oksana enjoys eating pizza, hamburgers, macaroni and cheese, tacos, and spaghetti.

The family has a lot of fun traveling together. They like to visit their cabin in St. Denis (on the St. Lawrence River, north of Montreal). Oksana also likes to visit her *Tonton* Pierre, who lives nearby. (*Tonton* is a French





*Oksana loves her dad.*



*Cuddling one of the family pets*

word for uncle.)

Oksana likes so many Primary songs that she can't name them all! But some of her favorites are "Love One Another," "On a Golden Springtime," "Families Can Be Together Forever," "I Love to See the Temple," "Where Love Is," and "A Child's Prayer." Her love of music also extends to her plans for the future: she wants to become a musician when she grows up. But if that doesn't happen, she would like to work with animals in some way. She loves to play with the family's dogs, Goutchi and Vanill.

Music isn't Oksana's only interest. She also enjoys drawing, making crafts, playing computer games, and watching movies. One of her spiritual interests is reading her scriptures. Her favorite scripture story is about Daniel in the lions' den (see Daniel 6). She says, "I started reading my scriptures regularly while working on my Gospel in Action Award, and I want to keep doing it." She enjoys going to church and has many friends there.

Oksana is a good daughter, too. Her mom notes: "Oksana is a very clean girl. She has the neatest room in the house." Whether through keeping her room tidy or filling her house with music, it's clear that Oksana contributes to the harmony in her family. ●

*Monica Weeks is a member of the Dimple Dell Park Ward, Sandy Utah Granite View Stake.*



*Showing some of the cards and gifts she received after her surgery*



*Outside with her brother, Benjamin*



*God will give me, if I ask not amiss (2 Nephi 4:35).*

**D**rat!” Ben slapped the water in disgust as he watched his scuba man settle at the bottom of his uncle’s swimming pool—again. His two plastic turtles floated just fine, but the plastic scuba diver kept slipping from his hand and sinking like a stone. Ben couldn’t dive to get it, so he had to keep asking his brother for help.

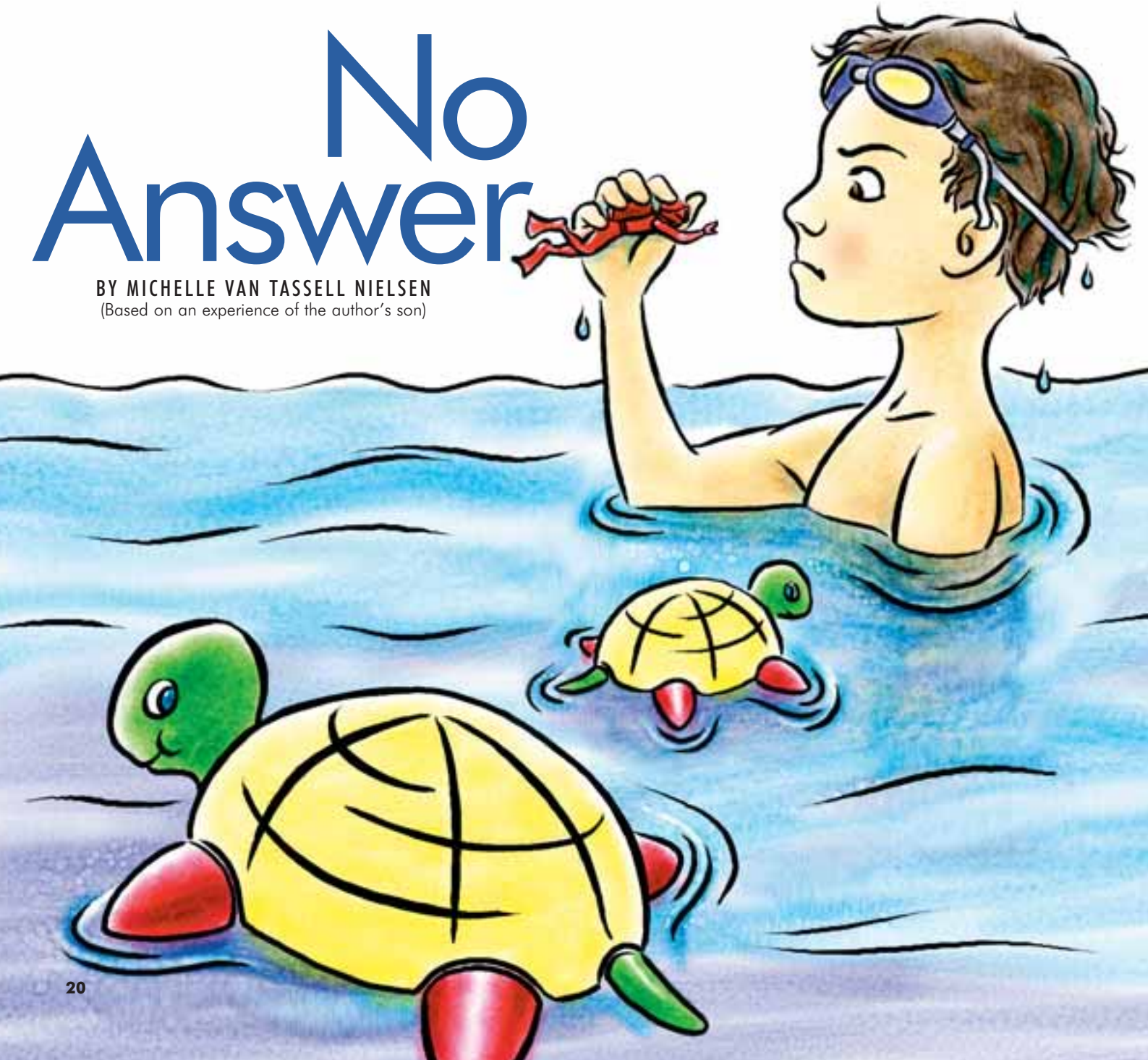
Ben knew that Heavenly Father helped people who

had faith. When he had the scuba diver in his hand again, he closed his eyes and said a silent prayer: “Please don’t let my scuba man sink.” As soon as he had said amen, he opened his eyes and dropped the little plastic man into the water. It sank right back to the bottom. “Why didn’t Heavenly Father answer my prayer?” he wondered.

A few days later, Ben came home and found his mom cooking squishy broccoli casserole with slimy sauce.

# No Answer

BY MICHELLE VAN TASSELL NIELSEN  
(Based on an experience of the author’s son)





Ben hated broccoli. "Please, Heavenly Father," he prayed. "Let me have ice cream for dinner instead of squishy broccoli." But Mom still served broccoli and slimy sauce for dinner. "Why didn't Heavenly Father answer my prayer?" Ben wondered again, poking a hunk of broccoli with his fork.

One afternoon, Ben's mom said he had to clean up his room in the next 15 minutes if he wanted to play video games. Ben's room was a big mess, with toys, clothes, and books all over the floor. Ben wanted to play video games, but he didn't want to clean his room. "Please let my room be cleaned by magic," he prayed. Fifteen minutes later when Mom came back to check, the room was still messy. Ben was not allowed to play video games. "Why didn't Heavenly Father answer my prayer?" he wondered for the third time.

One night Ben awoke in the middle of the night with a terrible earache. His ear hurt so much that he had to go to the hospital. On the way, he prayed, "Heavenly Father, my ear hurts worse than anything has ever hurt me before. I really need help. Please help the doctors find a way to make my ear feel better." Ben remembered that Heavenly Father hadn't always given him what he asked for, but he tried to have faith and believe that the pain would go away.

At the hospital, the doctor gave Ben some medicine. It tasted yucky, but Ben swallowed it, and on the way home his ear started feeling better. He knew that Heavenly Father had answered his prayer.

As Mom tucked him back into bed, Ben told her about the scuba diver, the broccoli, and the messy room. "Why does Heavenly Father answer some prayers

and not others?" he asked.

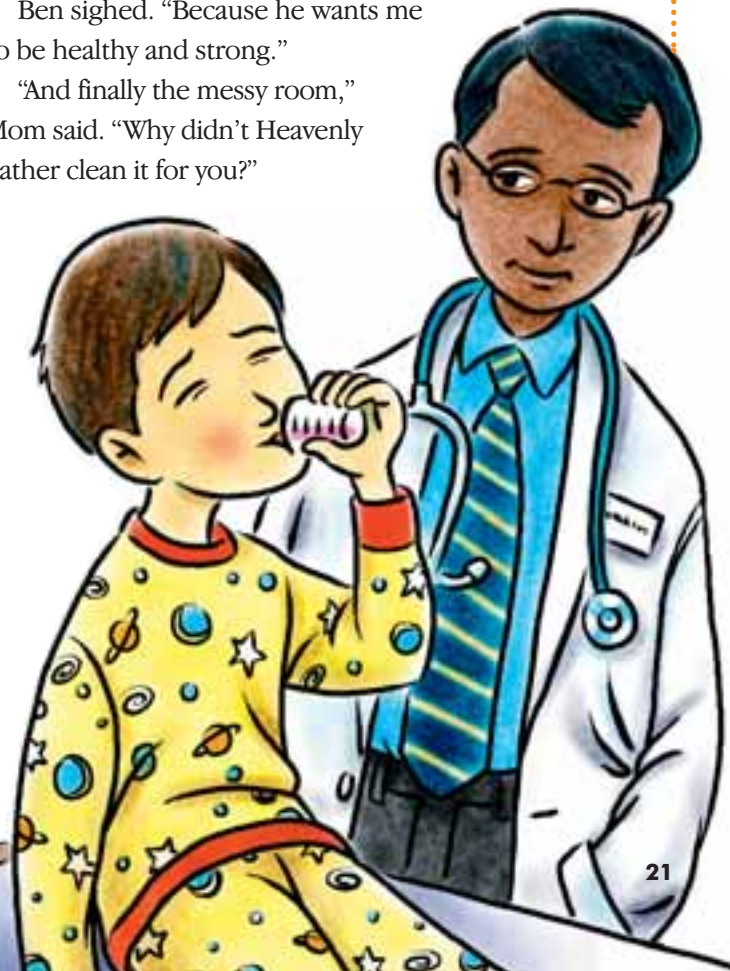
"Heavenly Father always answers our prayers," she said. "But sometimes the answer is no if we ask for things that would be bad for us. He wants us to learn here on earth. What did you learn at the swimming pool?"

Ben thought for a minute. "I learned that some things float and some don't," he said. "And that I have a nice brother who will help me."

Mom nodded. "Then there's the casserole. I'm sorry you think that broccoli is squishy, but it's good for you. Why do you suppose Heavenly Father let you eat it?"

Ben sighed. "Because he wants me to be healthy and strong."

"And finally the messy room," Mom said. "Why didn't Heavenly Father clean it for you?"





“I guess because it’s my job, and I need to learn to do it.” Ben sat quietly for a minute, thinking. “But when I asked Heavenly Father to help the doctors to make my ear feel better, the answer was yes,” he said.

Mom nodded. “Yes, it was. But did your ear stop hurting the instant you asked?”

Ben frowned. “No. Why not?”

“Heavenly Father wants us to do all we can to help solve our problems. What did we do?”

“We went to the doctor, and I took the medicine he gave me, even though it tasted yucky.”

Mom smiled. “Heavenly Father helped the doctor to give you good medicine, and He helped your ear to feel better.”

Ben rubbed his ear. “Sometimes the answer is yes, and sometimes it’s no.”

“And sometimes it’s ‘not yet,’ ” Mom added.

Ben hopped out of bed. “I’m going to thank

Heavenly Father for helping the doctors to make my ear feel better,” he said. “And from now on, I’m going to try to ask for things that are good for me. Heavenly Father knows how to answer best.”

Mom gave him a hug. “I think that broccoli is making you smarter already!” ●

*Michelle Van Tassell Nielsen is a member of the Crystal City Ward, Mount Vernon Virginia Stake.*



“[Heavenly Father] knows what is best for us. . . . When He answers *yes*, it is to give us confidence. When He answers *no*, it is to prevent error. When He *withholds an answer*, it is to have us grow through faith in Him.”

**Elder Richard G. Scott of the Quorum of the Twelve Apostles, “Learning to Recognize Answers to Prayer,” *Ensign*, Nov. 1989, 31–32.**



## Word of Wisdom Hidden Message

BY MONICA WEEKS



Look up the missing words in the following verses from D&C 89. Then fill in the word(s) in the numbered blanks below. Once you fill in all the blanks, a hidden message will reveal two of the blessings we receive from keeping the Word of Wisdom (see D&C 89:18–19). (See answers on page 26.)

“And, again, strong 8 are not for the belly. . .”  
(v. 7)

“And again, 5 is not for the 10, neither  
for the belly, and is not good for man. . .” (v. 8)

“And again, 1 are not for the body or belly.”  
(v. 9)

“And again, verily I say unto you, all 7 herbs  
God hath ordained for the constitution, nature, and use  
of man—” (v. 10)

“Every 6 in the season thereof, and every  
fruit in the season thereof; all these to be used with  
prudence and 9.” (v. 11)

“Yea, flesh also of 2 and of the fowls of the air,  
I, the Lord, have 11 for the use of 12  
with thanksgiving; nevertheless they are to be used  
sparingly.” (v. 12)

“All 3 is good for the food of man; as also the  
fruit of the vine; that which 4 fruit, whether in  
the ground or above the ground—” (v. 16)

1)

2)

3)

4)

5)

6)



7)

8)

9)

10)

11)

12)



BY SHEILA KINDRED

The Red Sea was parted and Moses went through,  
And, faithful, the children of Israel went, too.  
The Lord gave them guidance across trackless sand,  
A light they could follow to the promised land.

Upon the great waters sailed Lehi's lone ship.  
His family was frightened by storms on the trip.  
They steered by a compass controlled by God's hand,  
And reached a land saved for obedient man.

# CROSSING T







The wide Mississippi was frozen that day.  
The Nauvoo Saints crossed it in wagons, they say.  
Thus started their journey where few men had trod,  
Across the high mountains to worship their God.

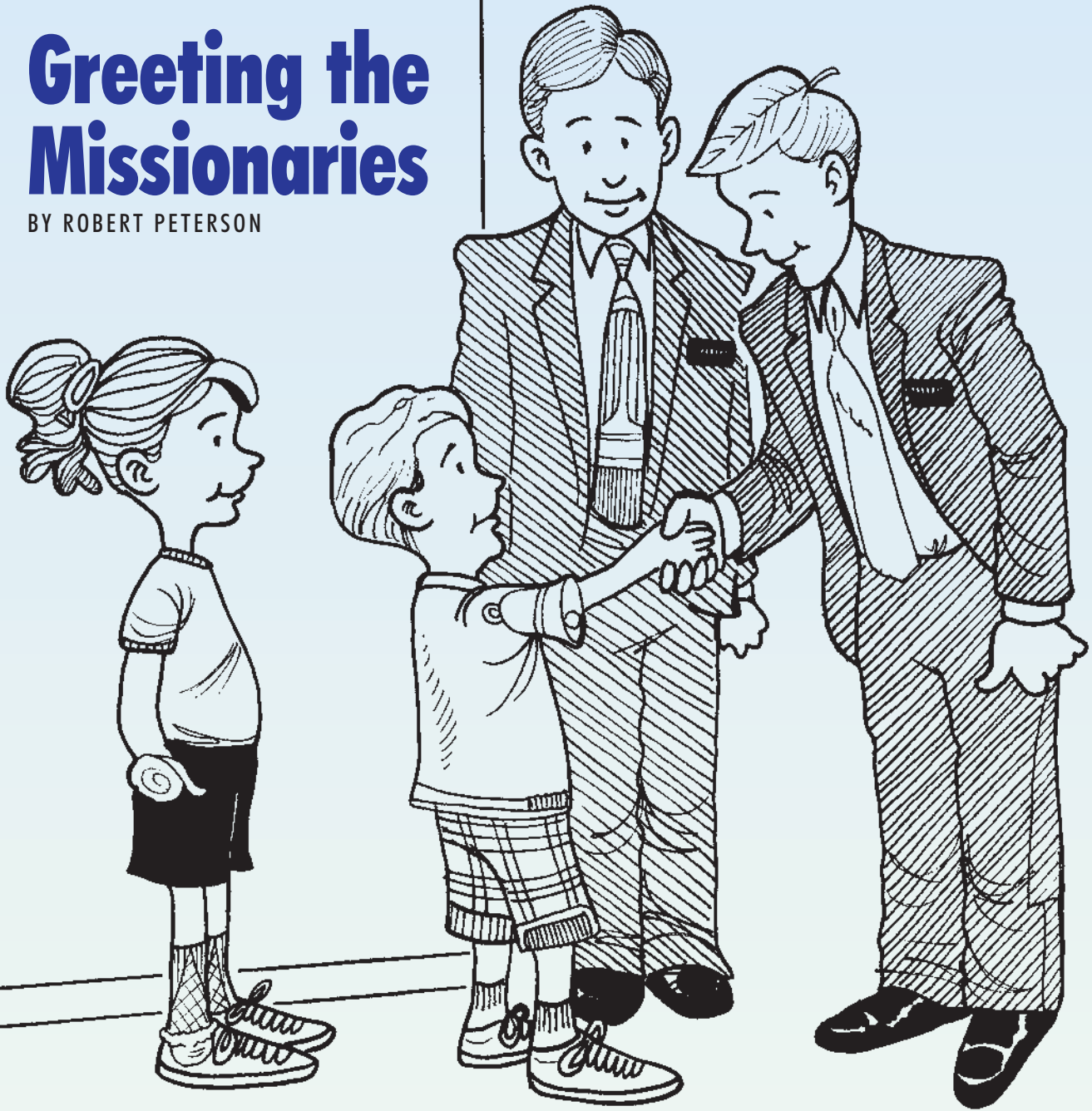
By baptism's water I enter the road  
That takes me through life, past dangers untold.  
But God is my Compass, my Light, and my Friend.  
He'll welcome me home at my journey's end.

# THE WATERS



# Greeting the Missionaries

BY ROBERT PETERSON



We like to visit with the missionaries. We want to serve missions when we are older! Help us find the following items: a bell, a candle, a comb, an eagle's head, an ice-cream cone, a knife, a ladle, a leaf, a paintbrush, a ring, a snail, and a toothbrush. Then color the picture.

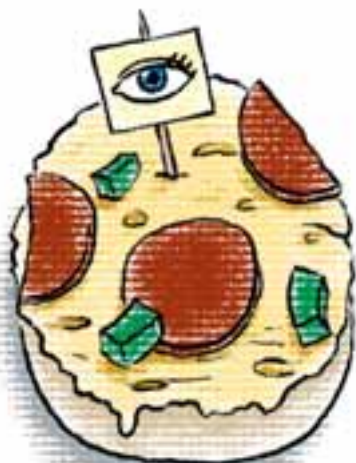
## Funstuf Answers

Word of Wisdom Hidden Message: 1) *hot drinks*, 2) *beasts*, 3) *grain*, 4) *yieldeth*, 5) *tobacco*, 6) *herb*, 7) *wholesome*, 8) *drinks*, 9) *thanksgiving*, 10) *body*, 11) *ordained*, 12) *man*. Hidden message: *health, wisdom*.





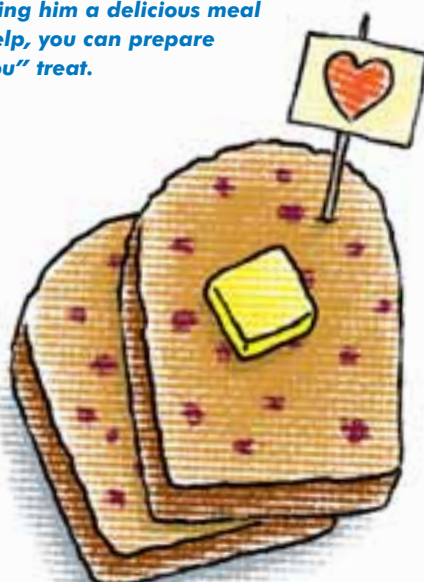
Show your father that you love him by cooking him a delicious meal this Father's Day! With an older person's help, you can prepare these recipes for dinner or for an "I Love You" treat.



### Mini Pizzas

- 8 whole English muffins
- 1 can (15 oz/425 g) tomato sauce
- 6 cups grated cheese
- toppings of choice (pepperoni, pineapple, green pepper, etc.)

1. Slice English muffins into halves.
  2. Spread tomato sauce on each half of muffin. Cover with cheese and toppings of choice.
  3. Place mini pizzas on a cookie sheet and place in a toaster oven or conventional oven.
  4. Toast or bake until cheese is melted. Makes 16 pizzas.
- (You can also microwave these mini pizzas on a microwave-safe plate. Microwave them on high for 20–30 seconds, or until the cheese is melted.)



### Father's Favorite Bread

- 3 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3 teaspoons cinnamon
- 1/2 teaspoon baking powder
- 3 eggs
- 1 cup cooking oil
- 2 cups sugar
- 2 cups "Father's Favorite"—  
bananas, zucchini, pumpkin,  
or apple (make sure the fruits  
or vegetables are peeled,  
chopped, or mashed)
- 3 teaspoons vanilla
- 1 cup nuts (optional)

1. Sift together the first five ingredients in a medium bowl.
2. Beat eggs in a large bowl, then add cooking oil, sugar, Father's Favorite, and vanilla.
3. Mix in the dry ingredients, then add nuts (if desired).
4. Pour the batter into two well-greased and floured loaf pans. Bake at 325° F (160° C) for one hour. Makes 2 loaves.



### Frozen Strawberry Dessert

- 1 cup sugar
- 1/2 cup water
- 1 quart fresh strawberries
- 1/3 cup orange juice
- 2 tablespoons lemon juice
- 1 cup heavy cream, whipped

1. Combine sugar and water in a saucepan. Boil for 5 minutes, then let cool.
2. Puree strawberries in a blender.
3. In a large bowl, combine strawberry puree, orange juice, lemon juice, and sugar water. Fold in the cream.
4. Pour into a 9 x 13-inch (23 x 33 cm) pan and freeze until firm. Makes about 1 quart.

# The House in the HURRICANE

BY MELODY WARNICK

(Based on experiences from the author's life)

*Call on the name of . . . God for protection*  
(3 Nephi 4:30).

**T**he wind was howling and shaking the palm trees by the time Grandma's car reached Ana Luisa's house. "Grab your things, girls, and go inside," Grandma said. "I'm going to find some rocks to put behind the car's tires."

"Why?" Rebecca asked.

"So maybe the car won't blow away," Grandma said.

Rebecca and Sarah looked at each other, their eyes wide.

The girls didn't remember the last hurricane that had come to Puerto Rico eight years ago, when Sarah was two and Rebecca just one. But they knew that the Arecibo River had flooded their neighborhood and that a lot of houses had been destroyed. Now Hurricane Georges was on the way, and newscasters warned that this hurricane might be even worse.

"So, girls, are you ready for Hurricane Georges?" asked Ana Luisa as they stepped through the front door.

"Brother Soto came to our house this morning and nailed boards on all the windows. Grandma says we need to pray that everything will turn out all right," Sarah said.

"That's right," Ana Luisa said. "Heavenly Father will watch over us."





Ana Luisa was a friend from their new church. Even though the girls were worried, Ana Luisa's comforting words and the familiar smell of rice and beans inside her cozy house made them feel better.

The sister missionaries, who had taught Grandma and the girls the gospel just three months ago, were spending the night at Ana Luisa's, too. "It's going to be fun," Sister Lewis, one of the missionaries, told them, "like a party, except with really bad weather."

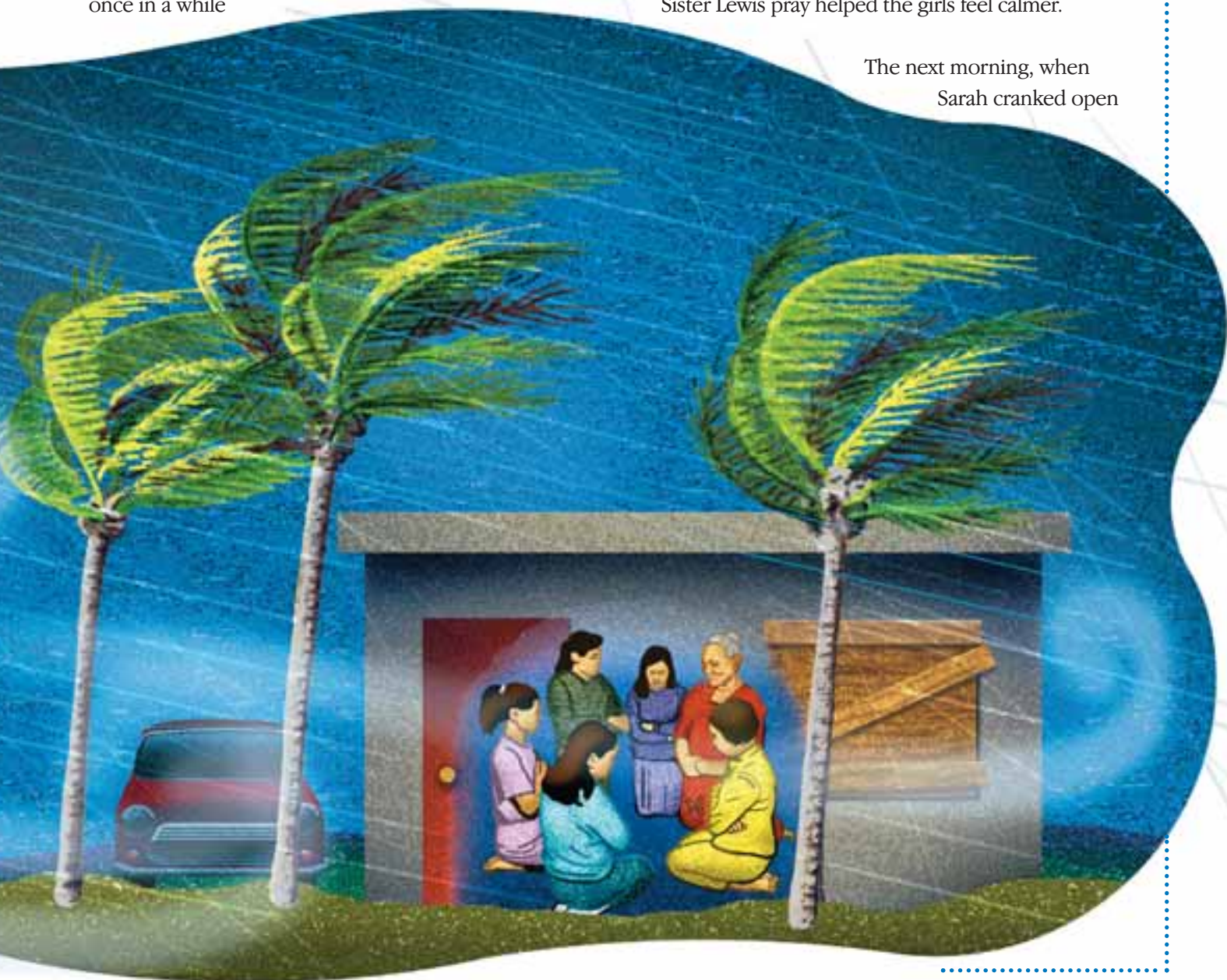
For a while it *was* like a party. They ate dinner, then munched on cookies and listened to the radio. Every once in a while

they heard a crash outside. Rebecca and Sarah wondered if Grandma's car had blown away after all, but it was too dark to see.

Later, the lights flickered and went out. As Rebecca made a funny face in the beam of her flashlight, Grandma said, "Now is probably a good time for bed."

After they put on their pajamas, Grandma called Sarah and Rebecca back to the living room. "We're going to say a prayer together," Grandma said. Sister Lewis asked Heavenly Father to keep them all safe during the hurricane and to protect Rebecca and Sarah's house. Hearing Sister Lewis pray helped the girls feel calmer.

The next morning, when  
Sarah cranked open





"The protection promised to the faithful . . . is a reality today as it was in Bible times."

**Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, "Bible Stories and Personal Protection," *Ensign*, Nov. 1992, 39.**

the metal window slats, Ana Luisa's street looked like it belonged on a differ-

ent planet. Grandma's car was still there, but some trees had fallen down, and sheets of metal from people's roofs were on Ana Luisa's lawn. Pigeons waddled helplessly down the sidewalk, too heavy with rainwater to fly. "If Ana Luisa's street looks like this," Sarah asked Rebecca nervously, "what do you think ours looks like?"

Early that morning Grandma had driven over to check on their house. She finally came back around lunchtime. "The neighborhood is flooded," she said. "I couldn't even get near our street."

Rebecca wanted to cry. Sarah asked, "What do we do now, Grandma?"

"If it's OK with Ana Luisa, we'll stay here for a few more days. Maybe by then the water will go down, and we can go home."

Everyone from church wanted to help Grandma, Rebecca, and Sarah. Ana Luisa cooked dinner for them, and the sister missionaries brought clothes that Sister Lewis's family had sent. Bishop Espinosa even came to give Grandma a blessing when she was feeling sick. But it was hard not to be in their own house and harder still not to know if their house was even there anymore.

After eight days the streets in their neighborhood were finally clear. Buckled into the backseat of Grandma's car, Sarah and Rebecca felt a twist of excitement and fear in their stomachs. As they rode, they saw houses with walls that had been blown down. Broken tables, waterlogged mattresses, and mud-crusting refrigerators lay abandoned on the side of the road.

"What if our house is gone?" Rebecca asked.

"Then Heavenly Father will help us find a new one," Grandma replied.

The streets in their neighborhood were still oozing with thick black mud, so they had to drive very slowly. Finally, Grandma turned the corner onto their street.

"I see it!" Rebecca shouted. "Our house is still there!"

"There's a hole in the roof," Sarah pointed out.

Inside, everything smelled musty. The girls leaned their mattresses against the wall to

air them out and helped Grandma wipe up the water that had come in through the hole in the roof. "Can we stay here tonight, Grandma?" Rebecca asked.

"I don't think so. We'll have to wait a few more nights until we can get the roof fixed."

Rebecca sighed and sank onto the damp couch.

"I wish we could stay."

"I'm just glad our house is still here," Sarah said.

"Heavenly Father listened to our prayers," Grandma said. Then, looking through the doorway, she pointed toward the street. "I think He's still listening."

Outside, a large truck with a crane was pulling up. Bishop Espinosa and Brother Soto hopped down, along with some other men from their ward.

"Do you need any help?" the bishop called. "Maybe some people to fix your roof?"

Sarah and Rebecca grabbed hands and squealed.

"Does this mean we can stay, Grandma? Can we sleep here tonight?"

Grandma smiled and nodded. "Welcome home, girls." ●

*Melody Warnick is a member of the Ames Ward, Ames Iowa Stake.*





# Faith in Jesus Christ

**T**wo blind men came to Jesus Christ and asked Him to heal them. Jesus asked if they believed that He could restore their sight. The men said, "Yea, Lord." Then Jesus touched their eyes and said, "According to your faith be it unto you." When they opened their eyes, they could see. (See Matthew 9:27–30.)

Color this picture illustrating the event. You could use the picture to talk about faith during family home evening or Primary. ●



ILLUSTRATION BASED ON TWO BLIND MEN HEALED AT CAPERNAUM, BY JAMES J. TISSOT

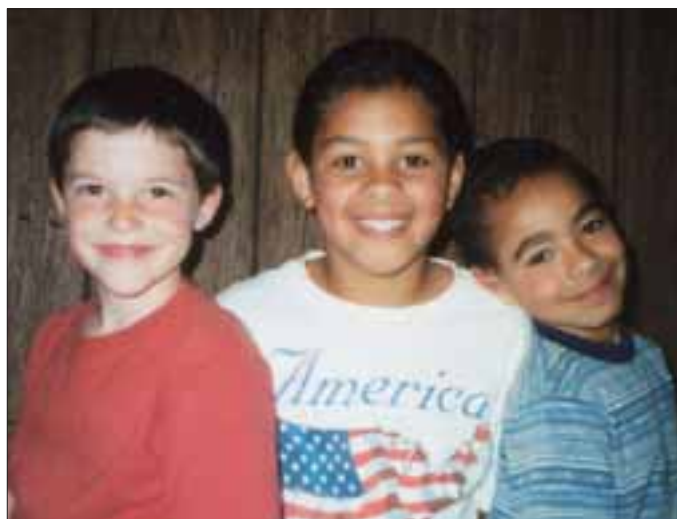
## Friends in the News



**Tristan Lewis**, 7, Rigby, Idaho, likes to pretend to ride bucking bulls and enjoys "mutton busting"—a rodeo event for children. He loves Jesus Christ and Heavenly Father and being a big brother. He looks forward to being baptized.

### Calgary Sixth Ward

Children of the Calgary Sixth Ward, Calgary Alberta North Stake, made a "Helping Hands" tree. For each service project they performed, they were able to add decorations to the tree.



The **Keyes brothers** of Lancaster, California, were sealed to their family in the Los Angeles Temple. **Brandon**, 11, enjoys wrestling and other sports. **Nathan**, 10, likes performing in musical plays. **John**, 9, is a tap dancer. Their family has a lot of fun together.



**Matt, Jared, Jordan, and Morgan Wesemann**, ages 11, 9, 9, and 7, of Valdosta, Georgia, are dedicated to the Scouting program. They just earned their black belts in tae kwon do, and they enjoy acting and volunteering at the local theater. The boys look forward to serving missions and like to sing "We'll Bring the World His Truth."



**Grant Marble**, 10, Fort Worth, Texas, enjoys Webelos and looks forward to becoming a Boy Scout. He plays Primary songs and hymns on the piano. He is also active in sports and enjoys swimming, basketball, and soccer.



### Sherbrooke Ward

The Primary children of the Sherbrooke Ward, Melbourne Australia Pakenham Stake, were invited to experience the activities of pioneer children. The girls sewed ribbons and lace onto bonnets. The boys painted neck scarves. All the children made rag dolls and played old-fashioned games.



**Olivia Galbraith**, 5, Landstuhl, Germany, enjoys swimming and riding her bicycle. She also likes kindergarten, birthday parties, and preparing family home evening lessons.





#### Sheboygan Ward

To celebrate the Primary's 125th birthday, children of the Sheboygan Ward, Appleton Wisconsin Stake, decided to help other children smile. They collected empty bottles, cleaned them, and filled them with fun things like stickers, notepads, pencils, toothbrushes, bouncy balls, and bubbles. A "Finding Faith in Christ" pass-along card was added to each one, and the filled bottles were taken to the cancer unit at Children's Hospital of Wisconsin in Milwaukee, where they were given to children who were patients there.



The **Manuels** of Fort Collins, Colorado, know that families can be together forever. **Kristil**, 11, **Kassidy**, 9, **Kandin**, 6, **Jackson Kael**, 3, and **Kalissa**, 1, love to visit temples. They are caring friends and try to be good examples to everyone they meet.



#### Ashford Ward

The children of the Ashford Ward, Canterbury England Stake, visited the London England Temple. During the visit, the children completed a quiz about the temple, talked with the temple president, and enjoyed the lovely sunny weather—something very rare in England! Now the children are working toward the time when they will be able to go inside the temple.



#### Raleigh North Carolina Stake

In the Raleigh North Carolina Stake, children performed in a pageant full of singing and dancing. Auditions were held to choose performers, and many of the children had special spiritual experiences that helped them perform at their best. One 12-year-old boy had the opportunity of playing the part of Joseph Smith. As he spoke about the First Vision, his testimony touched the hearts of audience members, and he knew that he had made the right choice to share his talents.





1

Fast Sunday is on the first Sunday of each month. It is a special day to humble ourselves before the Lord by fasting, praying, and attending fast and testimony meeting.



2

On fast Sunday, members of the Church do not eat or drink for two meals. Children may be encouraged to fast when they are old enough.

# What Are Fast Offerings?

*Verily, this is fasting and prayer, or in other words, rejoicing and prayer (D&C 59:14).*

**BY KIMBERLY WEBB**  
Church Magazines

Members donate the money they would have spent on food for the two meals to help the needy. This money is called a fast offering.

3



4



Members can give fast offerings to one of the bishopric or branch presidency members. The bishop or branch president uses the money to help those in need in his ward or branch.



5

Fast offerings may be used  
to help feed the hungry.



6

Fast offerings might be used  
to care for the sick.



7

In each way a fast offering  
is used, it helps take care of  
Heavenly Father's children.

# Who Is Hiding?

BY COLLEEN FAHY

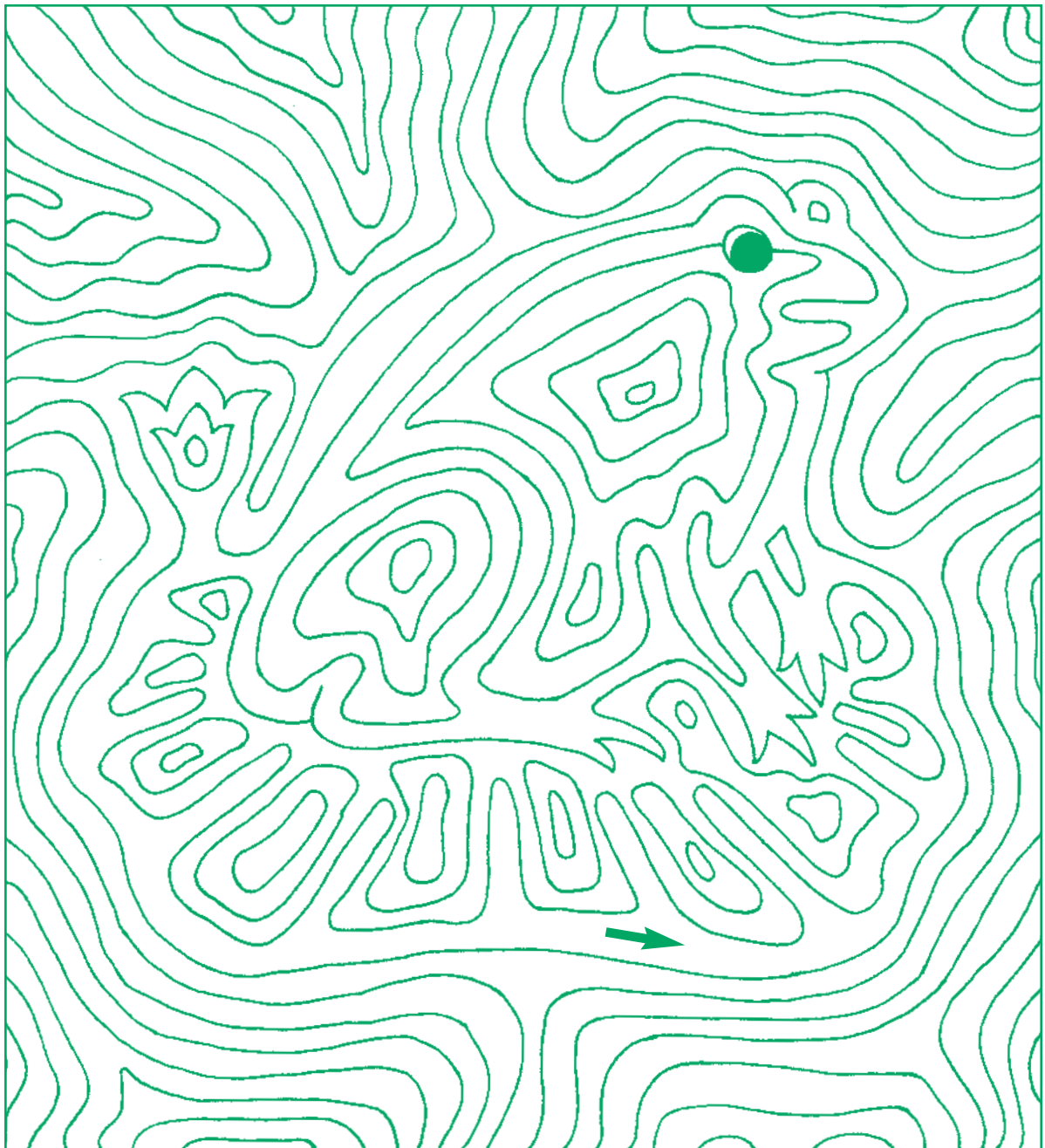
**My skin is green.**

**To talk I croak.**

**On land I hop;**

**In ponds I soak.**

To find who is hiding, start at the arrow and fill in all the spaces between the lines with a pencil. Do not cross any lines. Color the creature.





# For My Dad

BY ALICIA SUMMERS



## For My Dad

BY ALICIA SUMMERS

Each morning when I hear your voice,  
My face is full of smiles.  
For you are just the greatest man  
There is for miles and miles!

You know that I look up to you,  
For I am very small.  
I love the games you play with me,  
We always have a ball.

At night you tuck me into bed  
And make me feel so loved.  
It's neat that I was sent to you  
From Father up above.

I made this special gift for you  
So you would look so smart.  
It may not be of shining silk,  
But it's a work of art!

So wear this tie on Father's Day,  
And you will make me glad.  
I want to say I love you,  
'Cause you're the greatest dad!

Love, \_\_\_\_\_

**Instructions:** Color the tie and sign your name. Carefully remove this page from the magazine and mount it on heavy paper. Cut out the tie and punch a hole near the top where indicated. Then give it to your dad with a big hug.

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

# They Spoke to Us

*As you make the April 2005 general conference a part of your own and your family's life, you might consider using the following ideas for family home evening and personal study. Or you may wish to create your own questions, activities, and discussion ideas. (Page numbers refer to the beginning of the talks in the May 2005 Ensign.)*

## Search the Words Activity

1. This year we celebrate the 175th anniversary of a very important event and the 200th anniversary of a prophet's birth. What was the event and who was the prophet? (Clue: See "Our Most Distinguishing Feature," p. 43.)
2. Who is the new general president of the Primary? (Clue: See p. 23.)
3. President Thomas S. Monson told us to stock our minds "with the things which will provide safety to our souls and enable us to return to our Father in Heaven." What were some of the things he suggested? (Clue: Search "Constant Truths for Changing Times," p. 19.)
4. When and where was the Book of Mormon printed? How old was Joseph Smith when this happened? (Clue: See "Plain and Precious Things," p. 6.)
5. In how many languages is the Book of Mormon available? (Clue: See "Opening Remarks," p. 4.)
6. We are told to "stand in holy places." Where are they? How are they made holy? (Clue: Search "Standing in Holy Places," p. 62.)



## Quotes and Activities

### President Gordon B. Hinckley:

"A growing church, a church that is spreading across the earth in these complex times, needs constant revelation from the throne of heaven to guide it and move it forward.

"With prayer and anxious seeking of the will of the Lord, we testify that direction is

received, that revelation comes, and that the Lord blesses His Church as it moves on its path of destiny." *Think about who receives revelation to guide the Church, your ward or branch, and your family. You can also be guided in your own life through personal revelation.*

### President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles:

"When you feel weak, discouraged, depressed, or afraid, open the Book of Mormon and read. Do not let too much time pass before reading a verse, a thought, or a chapter." *Set aside regular times when you can study the Book of Mormon as a family and by yourself.*

### Coleen K. Menlove, Primary General

**President:** "Never settle for less than the privileges and blessings God offers you. The standards you keep in your dress, your language, and your behavior are outward signs of your inward commitment to follow



Heavenly Father's plan for you." *Review your habits. Is your dress modest? Is your language clean? Do you choose the right? Are you kind and honest? Make the changes you need to make.*

**President Thomas S. Monson, First Counselor in the First Presidency:** "May we ever follow the Prince of Peace, who literally showed the way for us to follow. . . . His example points the way. When faced with temptation, He shunned it. When offered the world, He declined it. When asked for His life, He gave it." *For one day, try to do what the Savior would want you to do. For two days. For a week. Always. Report to your Heavenly Father in prayer each day.*

**Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles:** "Kind words not only lift our spirits in the moment they are given, but they can linger with us over the years. One day, when I was in college, a man seven years my senior congratulated me on my performance in a football game. He not only praised how well I had done in the game, but he had noticed that I had showed good sportsmanship. . . . I still remember the kind words spoken to me that day by Gordon B. Hinckley, who would later become President of the Church." *Today speak some kind words to someone you wouldn't normally speak to. In your home, honor your parents with kind words.*

**Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles:** "In my growing-up years in Germany, I attended church in many different locations and circumstances—in humble back rooms, in impressive villas, and in very functional modern chapels. All of these buildings had one important factor in common: the Spirit of God was present; the love of the Savior could be felt as we assembled as a branch or ward family." *What can you do to invite the Spirit of God into your chapel? As a family, list the things you will do next Sunday to contribute to a loving, reverent feeling at church.*

**Elder Neil L. Andersen of the Seventy:** "The choice between good and evil is at the very

heart of our experience on earth. In the final review of our lives, it will not really matter if we were rich or poor, if we were athletic or not, if we had friends or were often forgotten.

"We can work, study, laugh and have fun, dance, sing, and enjoy many different experiences. These are a wonderful part of life, but they are not central to why we are here. The opportunity to choose good over evil is precisely why we are here." *Think about your life and how you can choose the right in each setting—while at home, school, or spending time with friends.*

**President James. E. Faust, Second Counselor in the First Presidency:** "If we really want our homes to be places of holiness, we will try harder to do those things that are conducive to the Spirit of the Lord." *Discuss what actions invite the Spirit into our homes. What actions do not? Help make your home a holy place.*

**Elder M. Russell Ballard of the Quorum of the Twelve Apostles:** "There is an incredible amount of work that needs to be done. . . . Doors previously locked are opening to us. We need more hardworking, testimony-enriched missionaries in order to reach more of Heavenly Father's children." *An important way to prepare to serve a mission is to live the counsel given by Church leaders. As you study general conference, make a list of things you will do to prepare.*

**Kathleen H. Hughes, First Counselor in the Relief Society General Presidency:** "God knows the needs of His children, and He often works through us, prompting us to help one another." *Look around your neighborhood. Is there someone who could use your help? A kind word? An apple from your tree or a treat from your oven? Look outward.*

**Elder Adhemar Damiani of the Seventy:** "The Lord loves each one of us. He wants us to be happy. This happiness comes by our faith in Jesus Christ, by our sincere and true repentance, by our obedience to His commandments, and by our endurance to the end."





# Trying to Be Like Jesus

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

## An Outstretched Hand

By Zack Butterfield



**M**oving can be a scary thing, especially when you go from sixth grade in an

elementary school to sixth grade in a middle school, as I did.

My mom took me to school on my first day to get me enrolled. After a quick tour of the school with the school counselor, we were taken to my classroom. My teacher wasn't there when we arrived, so the counselor said he would find her and let her know I was new in the class. Then he left us with a class full of kids busy with schoolwork.

I was becoming nervous when one boy turned around and said, "Are you new?"

I said, "Yes."

He stood up, walked over, stuck out his hand, and said, "Hi, I'm Chase."

"I'm Zack," I said, shaking his hand. To my surprise, several other boys lined up with outstretched hands and introduced themselves. I didn't dare look at my mom because I thought she might be



## Making Peace

By Soo-min Park

**I** try to be a peacemaker. My friend and I get along really well. But my friend didn't get along very well with another girl our age in the ward. I told my friend that wasn't good, and we invited the girl to be our friend. Now the three of us do many

things together.

I hope one day I can be a diplomat and can help make the world a peaceful place where people don't fight with each other. Through sharing the word of God we can all be better friends.

*Soo-min Park, age 11, is a member of the Sinchon Ward, Seoul Korea North Stake.*

crying because these boys made me feel so welcome. I felt good the rest of the day because a group of boys noticed someone who needed a handshake.

After school, my mom asked me how it felt to have a welcome like

that. "It felt good!" I said. She told me that if I ever noticed a new person, I would know what to do to make them feel good, too.

*Zack Butterfield, age 11, is a member of the Enterprise Ward, Morgan Utah North Stake.*



# I Will Keep My Mind and Body Sacred and Pure\*

By Michael Mueller with help from his mom



**M**y mom and I went to the mall to buy my grandma's birthday present. While we were walking through the

mall, I saw a big picture of a woman wearing clothing that did not cover very much of her body. I looked away the whole time we were walking by it. President Hinckley has asked us to be clean. I can keep my mind clean by not looking at bad pictures.

My mom and dad gave me the "great plate" (a special plate to honor someone who has been good that day) at dinner because my mom saw me look away from the picture all by myself. I know that if I keep my mind clean and pure like the prophet asks us to, I will be happy.

*Michael Mueller, age 5, is a member of the Sparks Eighth Ward, Sparks Nevada Stake.*

\* See My Gospel Standards, *Faith in God* guidebook, back cover.

# Faith in God

By Sister Diane Jacobs



**F**or her Faith in God Award, Chevon Rayner is working on several activities and keeping a record of them in her

journal. For the "Learning and Living the Gospel" category, she created a

gospel crossword puzzle with 72 answers. She made it up from notes she took in her Primary class. She is studying the piano to develop her talents and meet the great need for pianists in the branches in Malaysia. Chevon also organized a dinner and made cakes for Valentine's Day for the eight missionaries in her area. This is part of her "Serving Others" requirement. She also reads the scriptures every day.

*Chevon Rayner, age 10, is a member of the Kota Kinabalu Branch, Kota Kinabalu East Malaysia District.*

# We Should Choose the Right

By Michael G. Fisher

**T**his summer my family went on vacation to California. On the way we stayed overnight at a motel with a swimming pool. We went swimming for a while, then got out. Later my two sisters and I decided we wanted to swim some more. We dressed in our swimming suits and went back to the pool. Near the pool we saw a sign that said the pool was

closed. We talked about what we should do. I remembered what I had learned in Primary and told my two sisters, "We should choose the right." We decided to obey the sign and not go swimming. The next morning after breakfast we went swimming again.

*Michael G. Fisher, age 6, is a member of the Paul First Ward, Paul Idaho Stake.*





FROM THE LIFE OF PRESIDENT DAVID O. MCKAY

## David's Pet Boar

Elder David O. McKay had many pets, including a boar named Caesar.



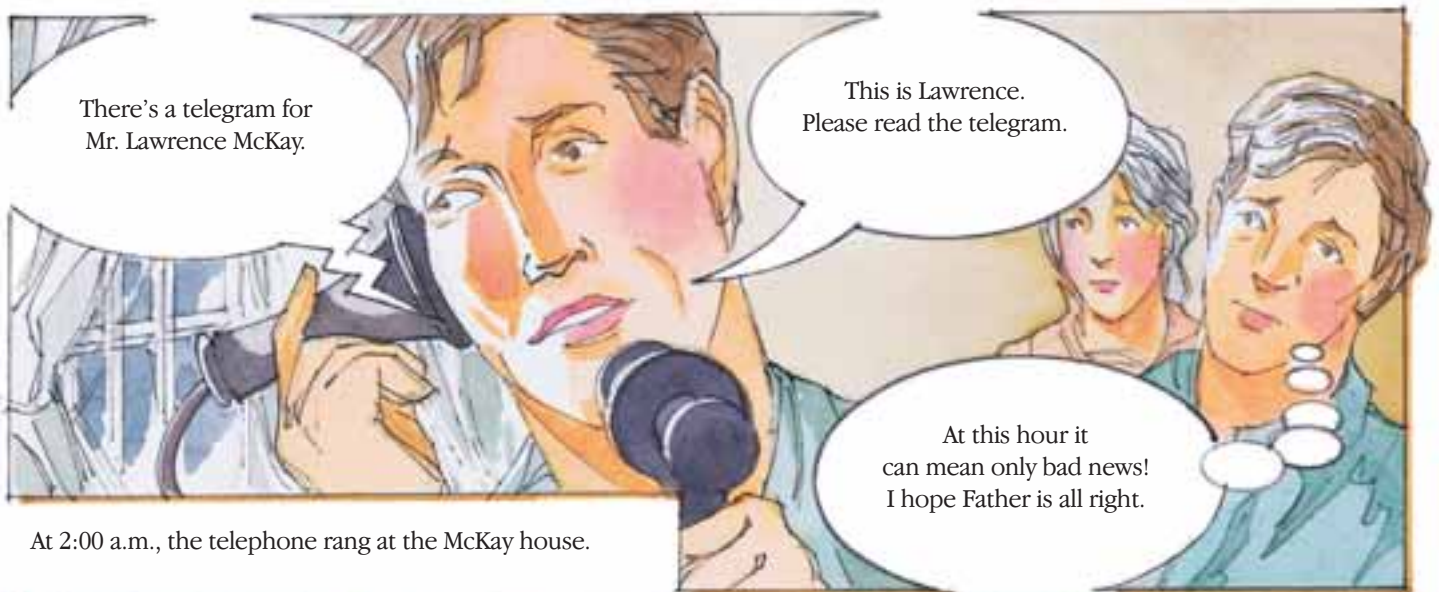
Father, you must really love animals to care for an ugly creature like that!

One day as Elder McKay was leaving to catch a train, he noticed that Caesar had broken out of his pen and was wandering away.

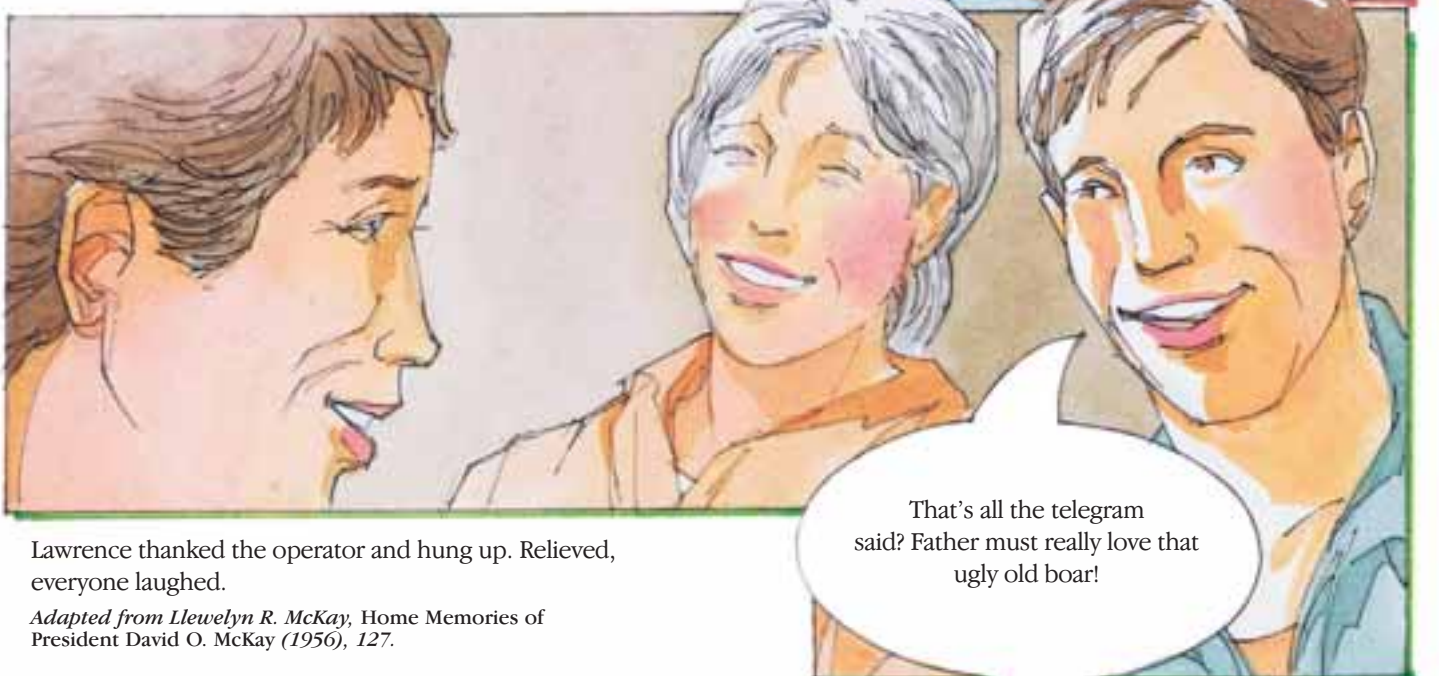
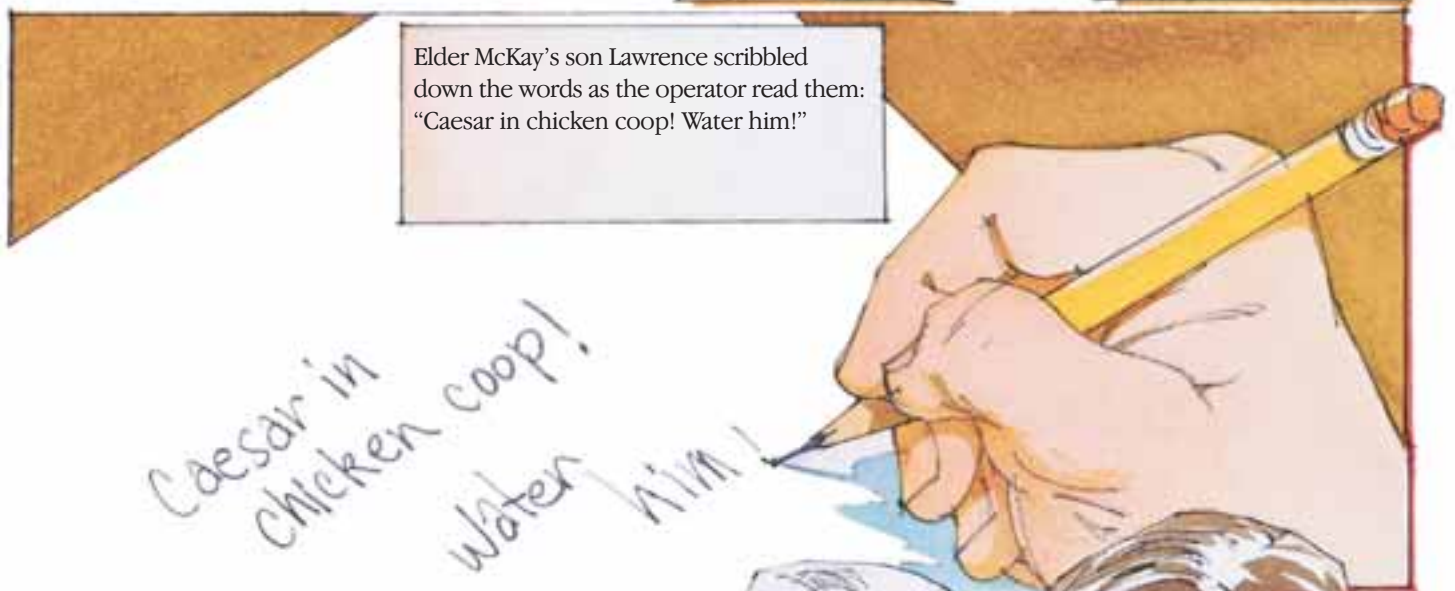
No, you don't! We'll keep you in the chicken coop for now. I'll have to repair the pen when I get back.

But Elder McKay forgot to tell the rest of the family where Caesar was, so no one could feed or water him.





At 2:00 a.m., the telephone rang at the McKay house.



Lawrence thanked the operator and hung up. Relieved, everyone laughed.

*Adapted from Llewelyn R. McKay, Home Memories of President David O. McKay (1956), 127.*

## Our Creative Friends

1

Gordon B.  
Hinckley



2



3



4



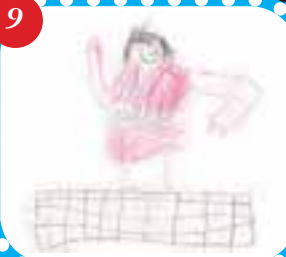
### Drawings

- 1 — Jade May, age 8  
Orem, Utah
- 2 — Sarah Murray, age 7  
Barrie, Ontario, Canada
- 3 — Andrew Robinson, age 9  
Doylestown, Pennsylvania
- 4 — James Aaron Cook, age 12  
Riverton, Wyoming
- 5 — Cody Dalton Rees, age 9  
Ashturn, Virginia
- 6 — Brian Stout, age 9  
Tokyo, Japan
- 7 — Khinpaka, age 12  
Laos
- 8 — Tyler Christensen, age 6  
Aurora, Illinois
- 9 — Jordan Petersen, age 4  
Nashua, New Hampshire
- 10 — Allison Tracy, age 7  
Ponca City, Oklahoma
- 11 — Veronica Shigalov, age 8  
Tiberias, Israel
- 12 — Breanna Durfee, age 8  
Hillsboro, Oregon
- 13 — Lilly Erickson, age 8  
Roseau, Minnesota
- 14 — Janesa Hill, age 6  
Accra, Ghana
- 15 — Nathan Giauque, age 7  
Everett, Washington
- 16 — Trevor Unsicker, age 6  
Livonia, Michigan
- 17 — Aimee Angle, age 8  
Tucson, Arizona
- 18 — Matthew Shrack, age 10  
Dunkirk, Indiana
- 19 — Kimberly Youngblood, age 7  
Hixson, Tennessee
- 20 — Christy Brown, age 6  
Baton Rouge, Louisiana
- 21 — Evan Angel, age 11  
Carlsbad, California
- 22 — Lauren Bishop, age 5  
Lenexa, Kansas
- 23 — Samuel Barker, age 6  
Ramah, New Mexico
- 24 — Kelsey Kimball, age 10  
Laie, Hawaii
- 25 — Breanne Maxwell, age 8  
Faith, South Dakota

8



9



10



14



15



16



20



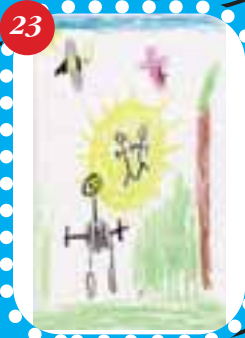
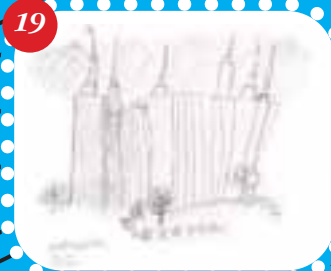
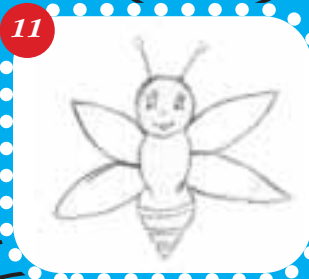
21



22







### My Dad

He's fun, he's nice, he's wonderful.  
He loves me. He's my dad and I know  
Heavenly Father gave him to me.

*Kinra Combs, age 9  
Pocatello, Idaho*

### Summer

S unny days  
U mbrella for rainy days  
M ilk for Clayton  
M om's helper  
E arly to wake up  
R ainbows

*Clayton Redding, age 5  
Colon, Nebraska*

### The Family

Fathers are fun to play with!  
Mothers are sweet to spend a day with!  
Brothers are cool to paint with!  
Sisters are nice to stay with!  
But the family that loves to be together  
Loves to do it all together!

*Lauren and Stephanie, ages 8 and 12  
Suffern, New York*

### I Hope to See the Son

I can't wait until that day will arrive,  
A person so real and alive.  
"It's the Savior," some people will say.  
We must be prepared before that day.  
If we love one another  
And try to choose the right,  
We will receive the gospel light.  
So when He comes and I see the Son,  
I hope He will come up to me and say,  
"Well done!"

*Shane Frazier, age 9  
Ballwin, Missouri*

### Testimony

I know who I am.  
I am a child of God.  
Jesus Christ is our Savior.  
I love Jesus Christ  
And Heavenly Father,  
And They love me.  
I always try to be like Jesus.

*Aysia Paeu, age 6  
Auckland, New Zealand*



**BY ANA NELSON SHAW**  
(Based on an experience of the author's  
father and brothers)





*Children, obey your parents in the Lord (Ephesians 6:1).*

**M**ike and his younger brothers, Eric and Tom, liked to go hiking with their dad. Dad always said he knew the mountains like the back of his own hand. He had grown up walking the same paths with his own dad, who was a shepherd. Dad was a teacher, but he still enjoyed getting out in the fresh air and sunshine of the mountains.

"When we come around this bend, you'll see a little waterfall," Dad might tell the boys. Or, "Be really quiet here, and you'll be able to hear the wind whistle up in the cliffs." He always seemed to know just what to watch or listen for. When Mike and his brothers did what Dad told them, they always found something new to love about the mountains.

But sometimes they just wanted to run, and Dad let them do it when it was safe. One summer day they were excited to reach the top of the trail—a high meadow filled with fresh green grass and flowers of just about every color. And so they took off running through the trees at top speed, even though they were tired from their morning's hike. They wanted to burst onto that meadow like jackrabbits.

"Stop when you get to the meadow," Dad called after them. "I'll meet you there." They ran ahead, each trying to get in front of the others. When they burst from the trees, neck and neck, butterflies flew up to avoid the running brothers.

The boys stopped a moment while their eyes got used to the light. Then they took off again, forgetting

Dad's instruction. They ran in circles through the deep grass, jumping and dodging, whooping and hollering and tagging each other. "You're it, Tommy!"

"No, you're it, Mike!"

Then Eric had an idea. "Let's race all the way across the meadow!" Tom hesitated. They couldn't see the far side of the clearing because a grassy hill obscured their view. But Mike wasn't worried. "I think this is the same meadow we came to last summer," he assured his brothers.

They gathered back at the trees. "Ready!" Eric shouted. "Set! GO!" The wind felt fresh and cool on Mike's cheeks and in his hair, and the faster he ran, the more wind he got. Soon he was leading the race. He felt like he could run forever.

"STOP!" a voice bellowed like thunder behind them. All three boys stopped immediately. They turned and saw Dad running toward them from the edge of the meadow. "Come back here beside me," Dad called, more gently this time. The boys obeyed. "Now, everybody hold hands," he said. Eric and Tom held Dad's hands, and Mike held Tom's little hand. They walked together across the meadow. As they topped the little hill, Dad suddenly stopped.

Just a few paces ahead of them, a sheer cliff dropped down at least 20 or 30 feet. If they had been running, there was no way they could have seen it in time to stop.

"Whoa!" Eric gulped. "That's pretty scary."

"Yeah." Tom shook his head. "Thanks, Dad."

They turned away from the cliff. Eric and Tom ran back across the meadow, but Mike slipped his hand into Dad's. "We could have died," Mike said softly.

"Well, maybe. I'm sure glad you stopped running, even though I didn't have time to explain. Sometimes we have to obey first and ask questions later!"

"Especially when someone else knows what's coming, and you don't," Mike said.

Dad smiled. "You might find the same thing to be true at other times in your life. Maybe your mom or I, or a teacher, or perhaps the Holy Ghost will give you some instructions. You might not know why right away. But if you trust the person the instructions came from, obey anyway. Later you'll understand why."

Mike nodded. He couldn't always know where cliffs were hidden, but he could always listen to those who knew more than he did. ●

*Ana Nelson Shaw is a member of the Merced First Ward, Merced California Stake.*



"Obedience leads to true freedom."

**President James E. Faust, Second Counselor in the First Presidency, "Obedience: The Path to Freedom," *Ensign*, May 1999, 45.**



## 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 June is "I will follow Heavenly Father's plan for me in faith."*



## Family Home Evening Ideas

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

1. Prepare a drawing of your family tree on heavy paper and cut it into a puzzle. If possible, include at least four generations. On strips of paper, write down a short story or interesting fact about each person on the family tree. Read President James E. Faust's message "Your Fascinating History" (pages 2–3) and discuss it. How does learning about family history help us know who we really are? Why is it important to find out more about our ancestors? Put together the family tree puzzle. Whenever someone puts a family name in place, have him or her read the fact associated with that person. (If you do not have access to four generations of family history, you may want to fill the family tree with names of your immediate family, grandparents, and aunts and uncles.)

2. "Snapshots of Heaven" (pages 10–12) and "Stop!" (pages 46–48) tell the stories of children who must rely on the perspective of someone else to guide them. How are these children blessed? How can you be similarly blessed? Discuss which people we can safely follow, like prophets and parents. Remember your gratitude for the help given to you by fathers or other priesthood leaders, like bishops and home teachers. You may

want to make them a recipe from "Kitchen Crafts" (page 27) to show your appreciation.

3. Have you ever prayed for something you didn't receive? Read about Ben's experiences with prayer in "No Answer" (pages 20–22). What does Ben learn that can help you in your prayers? Discuss times your prayers were answered—including times you are grateful Heavenly Father did not give you what you had hoped for. For additional insights, you may want to read "Improving Our Prayers" by Elder Joseph B. Wirthlin in the March 2004 *Ensign*. Go to [www.lds.org](http://www.lds.org) and search for it in Gospel Library.

4. We can learn from the examples of people who have gone before us. Read the poem "Crossing the Waters" (pages 24–25). How might your "journey" after baptism be like that of the Israelites or pioneers? How will it be different? List ways you'd like to follow their good examples and how you can prepare.



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To subscribe online, go to [www.ldscatalog.com](http://www.ldscatalog.com).

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Send children's submissions to *Friend* Editorial, 50 E. North Temple St. Rm. 2420, Salt Lake City, UT 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.

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### Topical Index to this Issue of the *Friend*

(FLF) = For Little Friends  
(f) = Funstuff  
(IFC) = inside front cover  
(v) = verse

**Baptism 24 (v)**

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# What's in the *Friend* this month?



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President Faust teaches that finding ancestors is like working on a fascinating puzzle.

## page 13

Learn some interesting things about Elder Russell M. Nelson of the Quorum of the Twelve Apostles.



## page 46

Find out why three boys' father yelled STOP!

