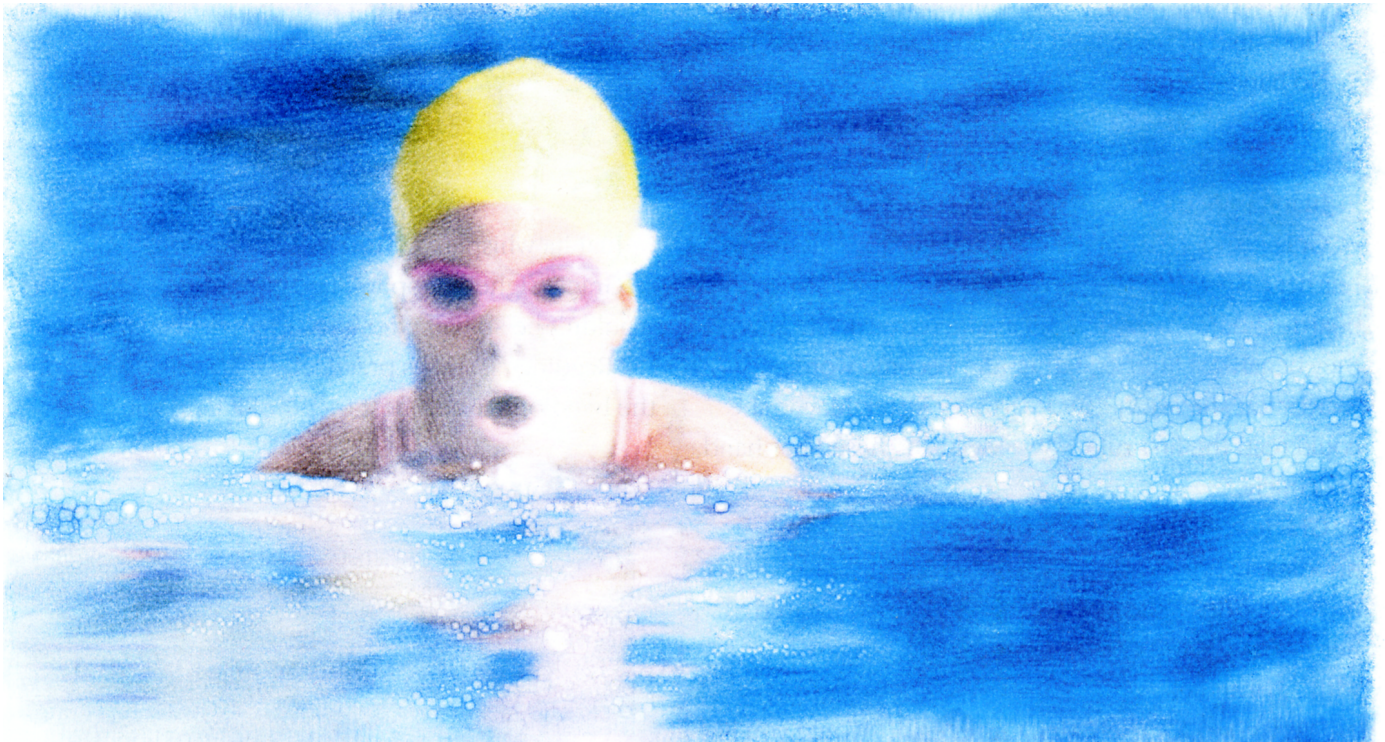


## Saturday Swimming

This summer my brothers and sister and I were on the Bitterroot Valley swim team. Competitions were held on Saturday and Sunday. Our coach and teammates wanted us to swim on Sundays so we could help our team get more points. But we just told them, "Sorry, we are keeping the Sabbath day holy." We decided that we would only swim relays and IMs (individual medleys), both of which are on Saturday. IMs are the most difficult events because you have to swim a lap of each stroke. We were able to keep the Sabbath day holy and still bring our team some points. We knew that we were doing the right thing when we went to church the next day. We had a good feeling inside when we listened to Sister Northcott, our Primary president, talk about how we should keep the Sabbath day holy. We hope we can continue to choose the right.

(Alyssa, Annie, Zander, and Adam S., ages 12, 10, 8 and 6, are members of the Stevensville Montana Stake.) (September 2004 Friend)

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## Better than an Amusement Park

Our family arrived in Orlando, Florida, late one Friday night. We were going to go to the big amusement park there. It has so many places to visit and rides to ride and things to do and see! But even though our passes included Sunday, we decided to keep the Sabbath Day holy and not use the passes that day. We didn't visit any of the other nearby theme parks, either. Instead, we decided to visit the temple. Our dad and mom looked it up on a map, and we searched until we found it. We were excited as we spotted it in the distance. The closer we got, the more beautiful it was. We felt good inside to be near a house of the Lord, and we felt an even greater warmth because we had followed the teachings of our Savior and His prophets by keeping the Sabbath Day holy. The blessings we receive by choosing the right are much better than any fun at an amusement park.

**(Brianne J., Christopher J., Amberly J., and Jessica J., ages 5, 9, 3, and 7, are members of the Buffalo Grove, Illinois Stake.) (July 2003 Friend)**

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## Awards and Rewards

Near Christmastime I entered an art contest with students from my area. I drew a picture of an angel appearing to shepherds, telling them the joyous news of Christ's birth. I was delighted to learn that I was one of the finalists and that my art would be displayed at a local museum, but sad when I learned that the awards ceremony was going to be on Sunday.

When my parents asked me what I thought I should do about the ceremony, I said that we shouldn't go because it was on Sunday. My family and I had a great time visiting the museum on Saturday to see my picture, and my award was mailed to me the next week.

I am happy that I chose to keep the Sabbath day holy. My testimony grew that day because I knew I had chosen the right. I know that Heavenly Father blesses us when we keep His commandments.

(Alexa B., age 7, Utah)

(Story - Dec. 2006 Friend, Pictures - Jan. 2007 & Feb. 2006 Friend)

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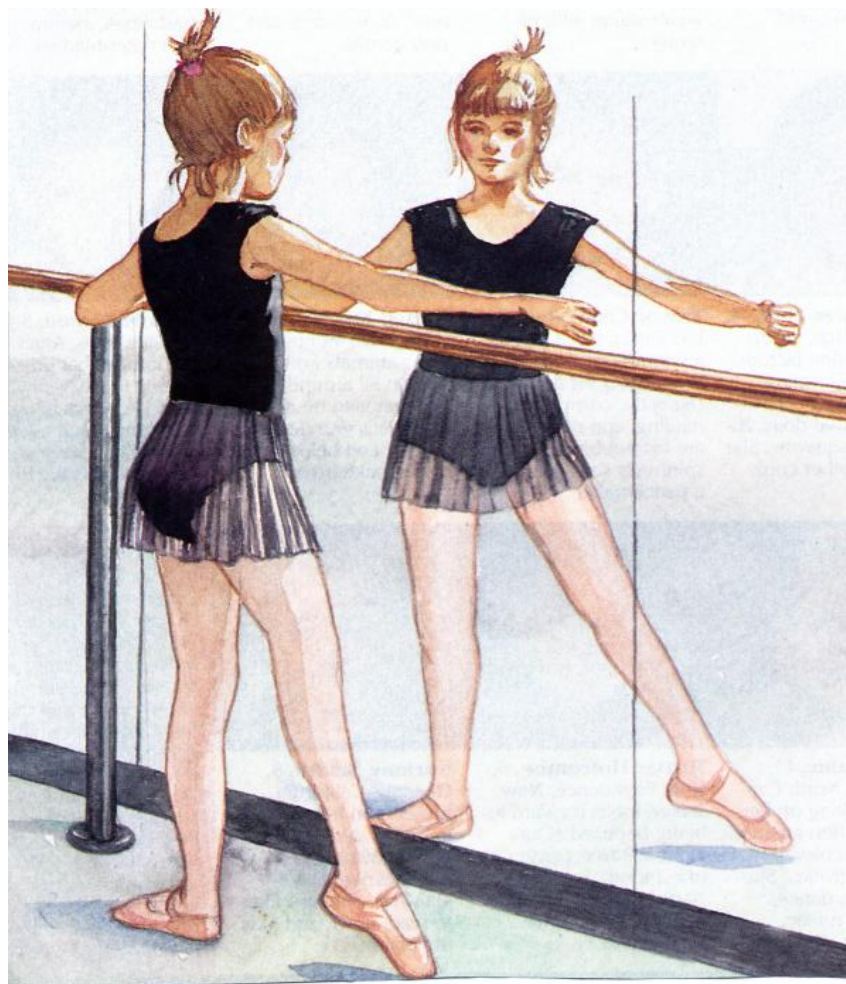


## I Will Keep the Sabbath Day Holy

I was sad when I found out that my ballet exam was to be on a Sunday. My friends in the class couldn't understand why we chose not to do things like that on a Sunday. They even offered to take me to the exam after our church meetings. I knew that the right choice was not to go, and Mum and Dad said Heavenly Father would bless me for keeping the Sabbath Day holy.

At my next lesson after the exam day, my teacher gave me a medal. She felt I deserved it even though I didn't do the exam. It is good to choose the right. I felt happy inside.

(Alexandra M. age 8, Leeds, England Stake) (December 2005 Friend)



## The Championship Playoffs

I enjoy playing football and have always dreamed of playing on a team. This past season I worked hard and earned a first-string spot on both offense and defense on my fourth-grade team. We had a great team and an undefeated season. We were going to the championship playoffs!

After a week of getting ready for the playoffs, my coach announced after the last practice that the first game would be on Sunday. I knew immediately that I would not play. I told my coach, and he asked my mom if I couldn't play since it was an important game. My mom explained our beliefs about the Sabbath day but said she would leave the choice up to me. I told my coach again that I would not play. My team won the game without me, so I was able to play in the championship game on Saturday, which we won! It felt great to win the championship, but it felt even better to keep the Sabbath day holy.

(Cameron M., age 10, Tulsa, Oklahoma) (November 2005 Friend)



## Sunday Parties

One day I received a party invitation from one of my best friends, Joshua. The only problem was that his party was going to be on Sunday. I told him that I really wanted to be with him on his birthday but that Sunday was the Sabbath Day and not a day for me to go to parties. I asked him if he could change it to Saturday so that I could go. I learned that since he is Jewish, his Sabbath Day is on Saturday. Joshua understood why I couldn't come to his party. Instead, I took a present to his house on Tuesday after school and shared leftover cake from his party. Tuesday even turned out to be his real birthday, and it was fun to share it together. He had even saved a party bag and treats for me! It makes me feel happy inside to know that I can do both—keep the Sabbath Day holy and share in celebrating a birthday with my friend.

(Matthew J., Age 6, Yorktown Virginia)

(Story - November 2002 Friend, Picture - March 2006 Friend pg. 35)

