



April 12-18

"If ye Are Not One ye Are Not Mine"

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1. Scripture Hop –Follow instructions on page 3 below for a scripture hop for D&C 38:27.
2. "1" Poster Activity – (idea from manual)
 - Talk about what the words to D&C 38:27 mean. What does it mean to "be one"? How can we "be one" with others?
 - Count the number of people in our family. Why is each person important to our family? Together we are ONE family. Decorate the #1 poster on page 4 below with names, drawings, or pictures of each family member. What can we do to be more united as a family?
 - *You could also make your own #1 sign on a large posterboard if you want a bigger size to decorate.*
3. Song – D&C 38:25 says, "And again I say unto you, let every man esteem his brother as himself." Talk about what that means. Watch this [5-minute singing time video](#) to learn sign language and sing "Jesus Said Love Everyone."
4. Parable of the Ingredients – Read "The Parable of the Ingredients" on pages 8-9 below. Have the stick puppets of the ingredients cut out and ready to use for this. Read the story out loud. Each time the kids hear the names of the ingredients, they'll hold up the stick puppet that goes along with it. (Special thanks to Crystal at [theredcrystal.org](#) for designing these so perfectly for us!)
 - If you want to download this parable story with instructions and printables separately, [here's](#) the link.
 - Note: There are 9 total ingredients, and each has a smiling version as well as a frowning version. We are planning on taping the smiley version and the frowny version back-to-back on a stick. Then, when it's being held up, we can turn it to the side that shows each ingredient's emotion at that point of the story. On ours, we used the black-and-white version for the sad/scared side and the colored version for the happy side. If you want to simplify a little, you can either just use the frowny or smiley versions alone. There are black-and-white as well as color versions on the pages below.
 - It could also be fun to get a real mixing bowl to put the ingredients into for the ending part of the story.



FRONT SIDE:



BACK SIDE:



5. Role-Play – Role-play ways we can love others, comfort them, and help carry their burdens. Each person take a turn pretending to be worried/lonely/sad/stressed/etc. while other family members role-play how to help that person. How are we “one” with others when we help them?
 - Read “[A Card for Grandma](#)” (from the April 2021 Friend magazine) and then make heart notes to give to others. Deliver with chocolate chip cookies. Smaller printable versions of these heart notes are on page 7 below.
 - Testify of the importance of loving others, helping others, and being united. Remind them of Jesus’s love for us and those around us.

6. Treat – Make chocolate chip cookies and deliver them to people with the heart notes. 😊
 - This [Unity Cake](#) also looks like it could be a fun thing to do.

7. When I Get Baptized, I Promise to Help Others – (We’ll probably do this part of the lesson on a totally separate day). When we’re baptized, we promise to comfort people and help carry their burdens.
 - Talk about baptism in as much depth as needed. This “[Understanding Baptism](#)” Questions and Answers article from *The Ensign* has some great things to talk about with kids. We will probably have Mom/Dad ask the questions to kids, see if they can think of any answers, then read the answers in the article.
 - Depending on time/interest, you can also talk about how we get the gift of the Holy Ghost when we’re confirmed. The Holy Ghost has many roles. One of these is to help us feel warm inside when we make right choices, such as showing kindness to others.

Additional Ideas:

“[Helping Children Prepare for Baptism](#)” article from *The Ensign*

More Great Free Ideas at www.theredcrystal.org

SCRIPTURE Hop

(D&C 38:27)

Cut apart the following strips and spread them out far enough in a room so that the kids will need to hop from one strip to another. Make sure to keep them in the correct order. Have them stand by the first one and help them say the top line out loud. Explain what it means. Then have them jump to the next one and do the same thing until they've jumped on each of them, said them out loud, and discussed them one at a time. Then have them start back at the beginning and practice saying the phrases from this verse in order while hopping from strip to strip again. Try going a little faster each time. Repeat as many times as wanted/needed. These can also be used as flash cards, taped onto the wall to practice throughout the week, etc.



I sAy unTO you,



BE ONE;



And if YE



ARE NOT ONE



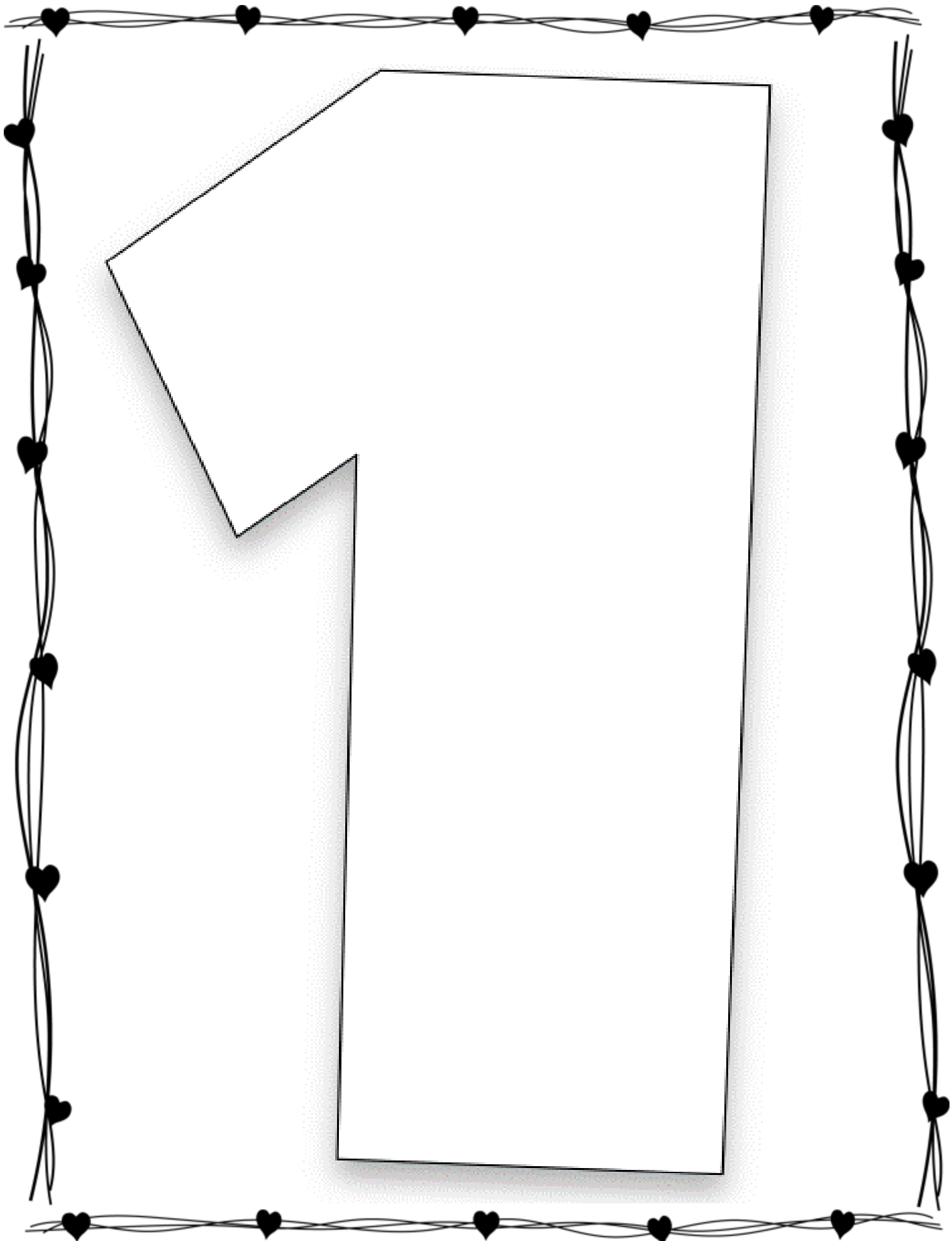
YE ARE NOT

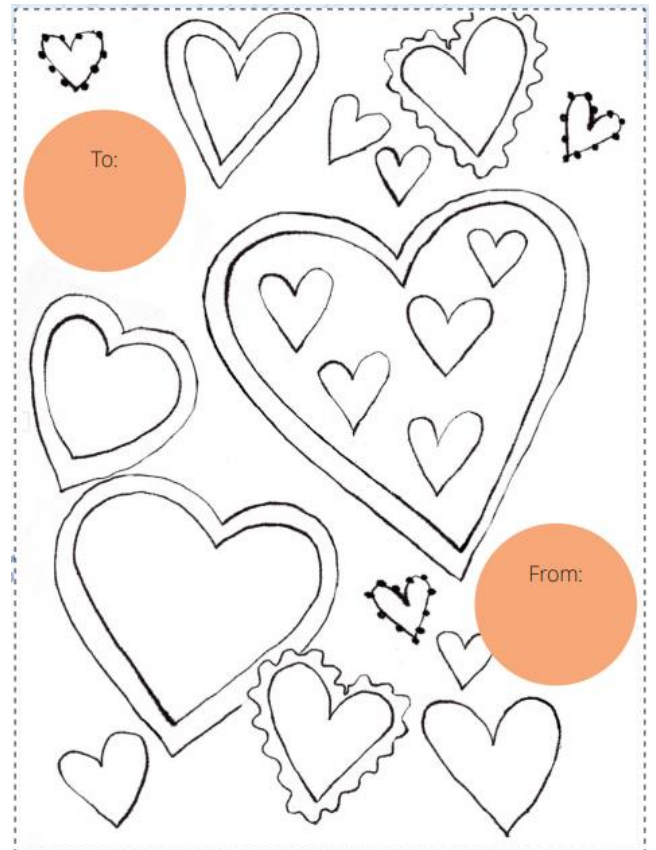
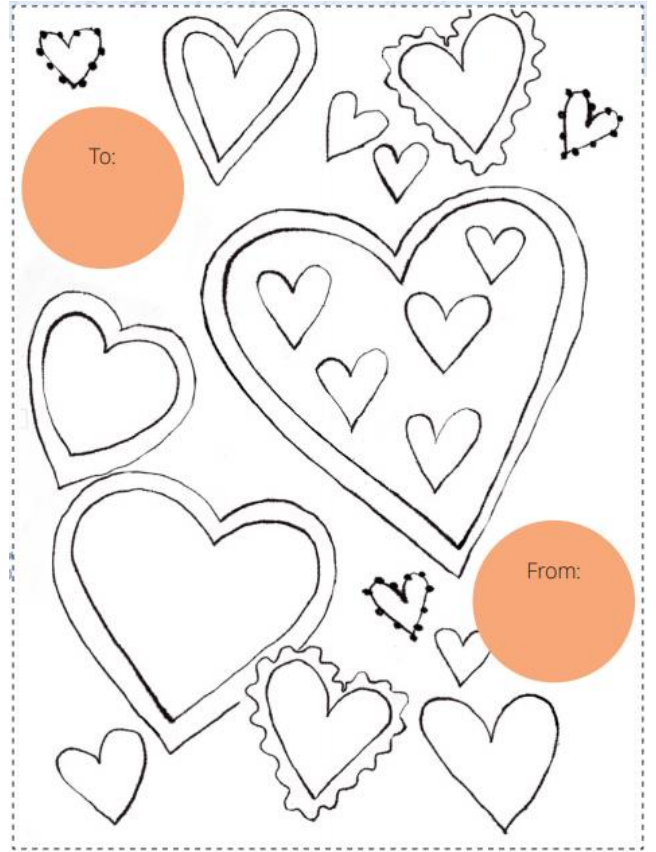


MINE.

Note: The whole verse says, "Behold, this I have given unto you as a parable, and it is even as I am. I say unto you, be one; and if ye are not one ye are not mine."

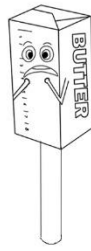
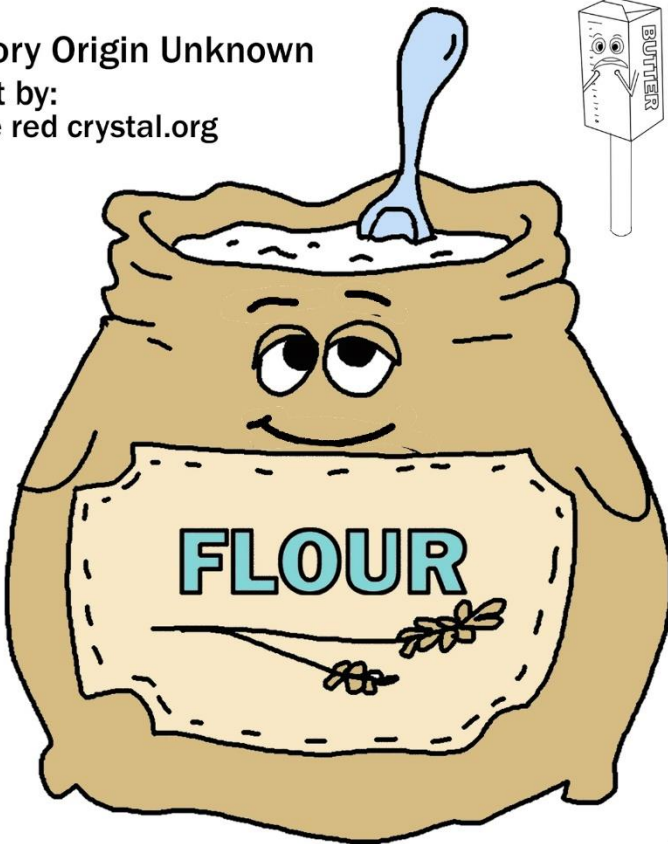
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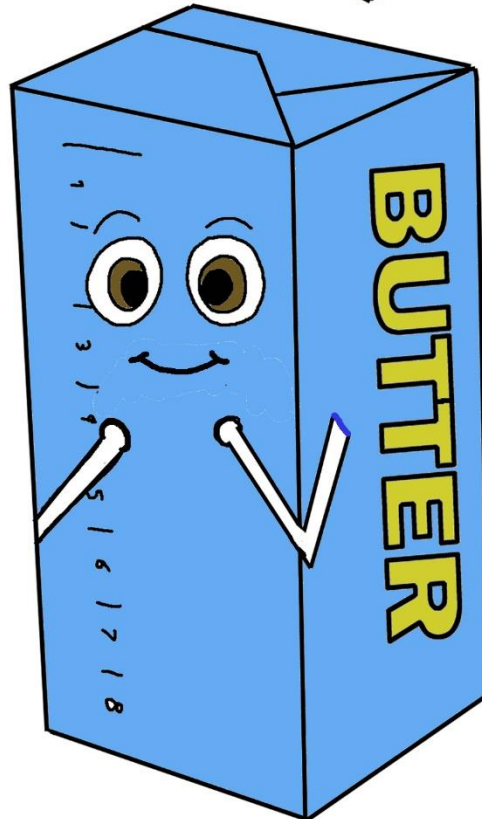
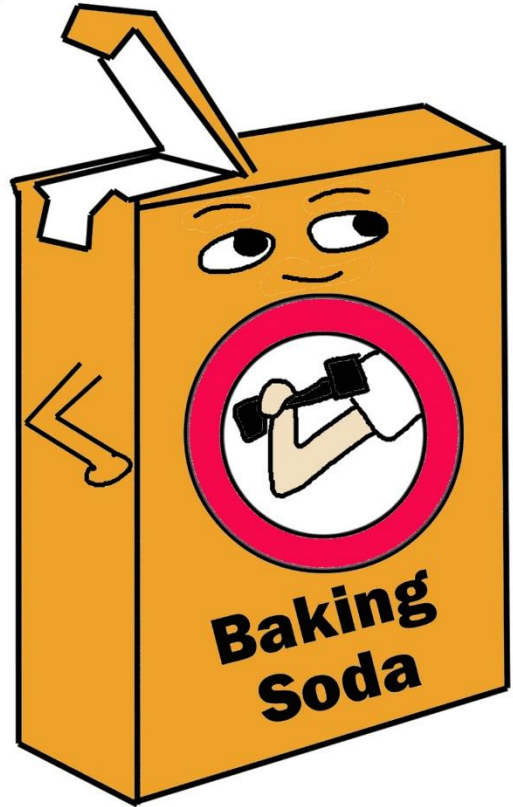


Story Origin Unknown

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Attach to sticks to make puppets.



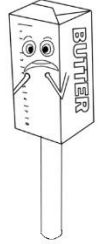
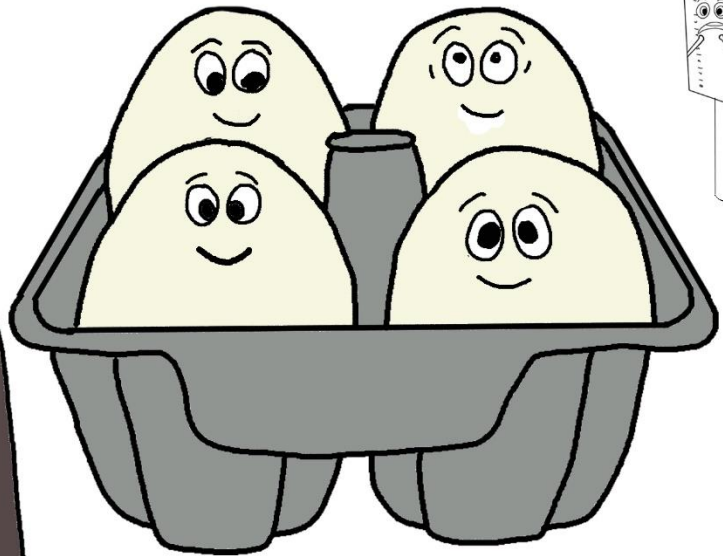
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such as pieces of
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bread. What do
these examples
teach us about
becoming one as
God's people?"
Attach the pictures
to sticks (puppets)
and tell the story
of the different
ingredients
coming together,
to make cookies.

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Parable of the Ingredients

Story Origin Unknown

Once upon a time, a baker went to the store and bought ingredients. He bought FLOUR, BAKING SODA, SALT, BUTTER, VANILLA, EGGS, WHITE SUGAR, BROWN SUGAR, and CHOCOLATE CHIPS. He took the ingredients home and put them away. None of them knew each other. They only knew that they were all different.

SALT didn't think he was very important because he was small and plain. He knew that SUGAR was known for being sweet tasting, and that he couldn't put as much work into a recipe as FLOUR could. "Surely, they wouldn't want to talk to someone like me," thought SALT.

VANILLA was afraid that she smelled too strong, so she tried to stay away from everyone. The rest of the ingredients thought that she just didn't like them.

Most of the ingredients thought BUTTER and EGGS were strange because they lived in a refrigerator. Why would anyone in their right mind live in a refrigerator?

And so it went. Instead of talking to each other and learning more about each other, they just kept to themselves.

They studied each other when they thought nobody was looking and made judgments such as:

"I can tell by the sack FLOUR is wearing, that he's boring and not very smart."

"What would the other BROWN SUGARS back at the store think if they saw me hanging around CHOCOLATE CHIPS?"

"Look at that BUTTER in shiny blue and gold foil. I bet he thinks he's better than us."

"EGGS are crybabies. Every time we went over a bump on the way home from the store, they gasped and cringed!"

A few days later, the baker's young daughter came into the kitchen, took the ingredients out, and placed them on the counter. She then left, and the ingredients had nothing to do but awkwardly stand around and stare at each other. While there, FLOUR noticed a recipe on the back of CHOCOLATE CHIP. Suddenly, a chill raced down him!

"What could the baker be thinking?" He exclaimed. "Hey everybody, come look at this!"

Now not all of the ingredients knew how to read, so he read the recipe out loud to them.

"That's crazy!" said SUGAR. "We're too different to be mixed together! Can you imagine how we would taste? The thought makes me sick!"

"That's not the worst part!" said FLOUR. "It says here that we are going to be put onto a pan in separate spoonful's and baked in the oven at 375 degrees for 8 to 10 minutes!" At the thought of so much heat, VANILLA fainted and BUTTER began sobbing. "What will become of me?" he cried. "I will melt and burn!"

"There, there!" one of the EGGS said soothingly. "I do not believe the baker would mix us all together just to make an awful tasting mess. Perhaps the baker knows something we don't." "He probably does!" said SUGAR thoughtfully. "To be honest, I'm the only one I know anything about. I can only guess what the rest of you are like. But I want to know more about you before we get baked."

And so, they asked questions they wanted to know about each other. They found out VANILLA was actually really kind, and she found out she didn't smell too strong, so she wasn't afraid to get closer to others.

WHITE SUGAR and BROWN SUGAR found out that they were both from Hawaii and had the same great grandparents.

CHOCOLATE CHIP was not only tasty, but also very generous.

BAKING SODA admitted that he had no idea what he was good for, but the others assured him that he must have been made for some important reason.

Their pleasant conversation was interrupted by the baker. He was ready to make cookies. One by one, he started stirring them together in a large bowl. It was so fun, they even forgot about the hot oven. As the baker poured the teaspoon of BAKING SODA in, his young daughter asked, "Daddy, what is THAT for?"

"BAKING SODA is what makes the cookies rise as they bake." He answered.

"I KNEW I WAS GOOD FOR SOMETHING!" BAKING SODA cheered.

Then the baker reached for the EGG. The other ingredients had grown fond of the EGG, and so when the baker raised it in his hand and started to swing it down to the side of the bowl, they all screamed "STOP!" It was too late, and he dumped the EGG on top of the rest. They stared in horror at their broken friend. A few tried to comfort the others, but then the EGG started coming back to his senses!

Imagine their relief that he was alive! "Are you okay?" they were all asking. "YES! Yes, in fact I feel better than I've ever felt," he said smiling.

The baker's daughter soon asked for some dough. As she tried it, she got a funny look on her face. "This doesn't taste quite right, Daddy. Something is missing!"

The baker tasted and knew right away that he had forgotten the SALT. He added it and then the dough tasted much better. "I didn't know that one little teaspoon of SALT made such a difference!" the little girl exclaimed. And SALT realized that even though he was tiny, he was very important.

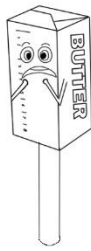
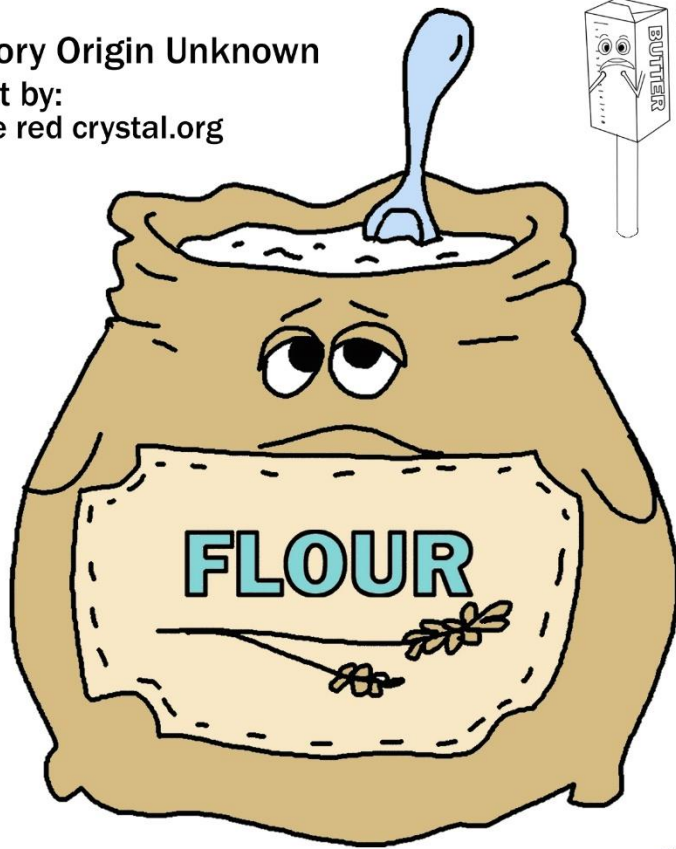
Now the baker was stirring the ingredients and again the CHOCOLATE CHIPS joined them. But they were NOT having fun anymore because they knew what came next! THE HOT OVEN! "It's only for 8 to 10 minutes at the most," encouraged the EGG. "Maybe if we try really hard to stick together, we will come out okay!"

"So long everyone," sniffed BUTTER. "It was nice knowing you." But the other ingredients held him tightly as they went into the oven and told him to lean on them and they would make it all together.

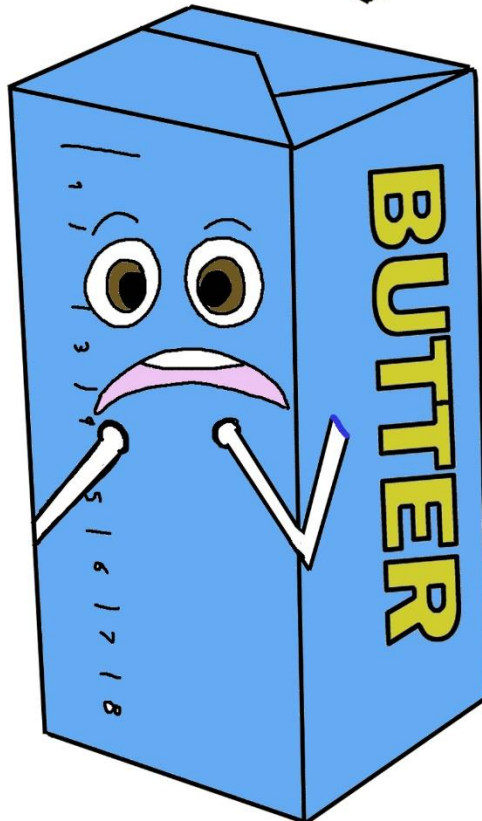
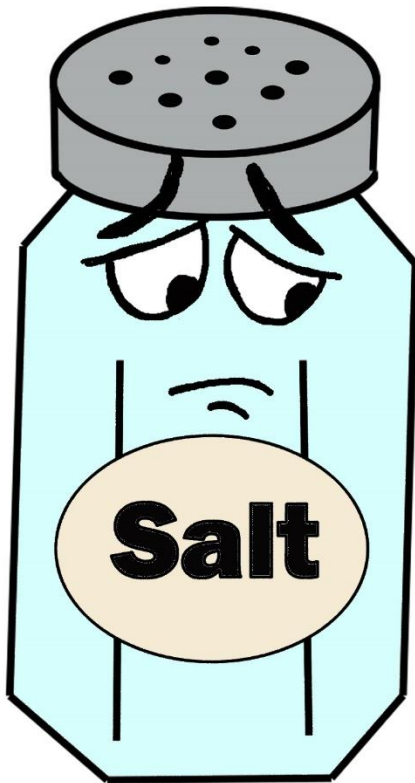
In just nine minutes they emerged from the oven smelling and tasting better than they ever could have imagined. They realized that by helping and loving each other, recognizing their strengths, and working together, they had become the best they could be!

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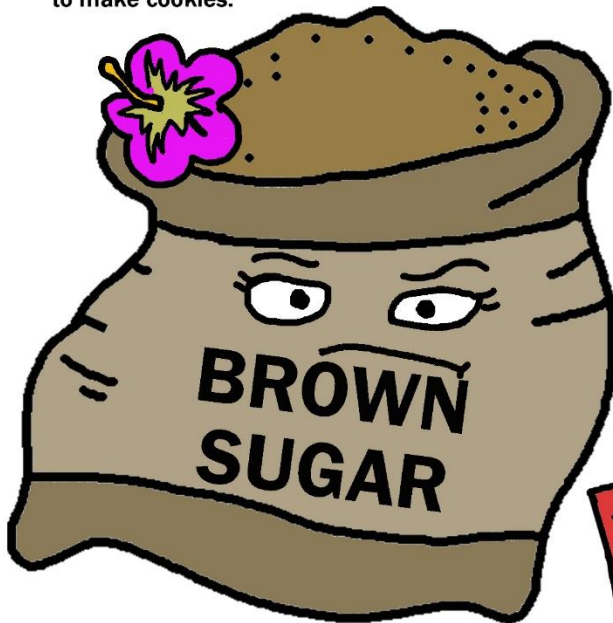
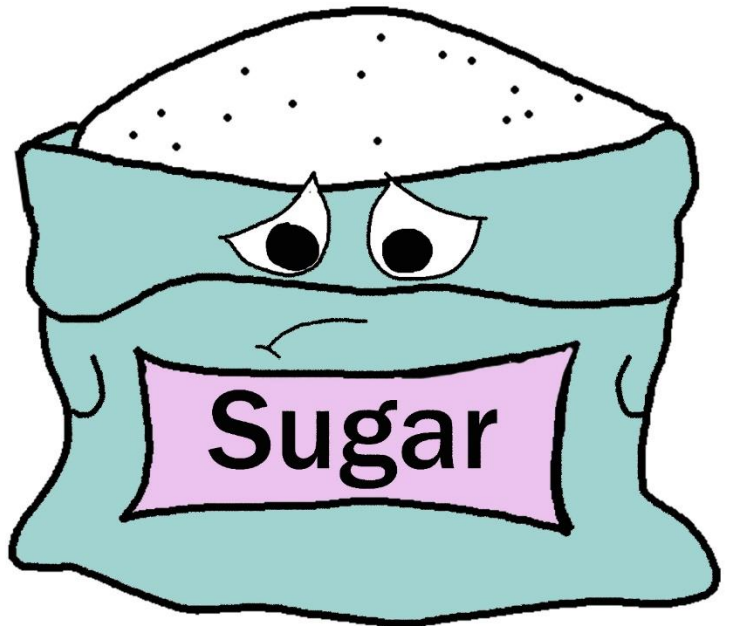
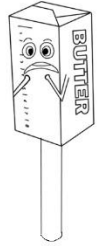
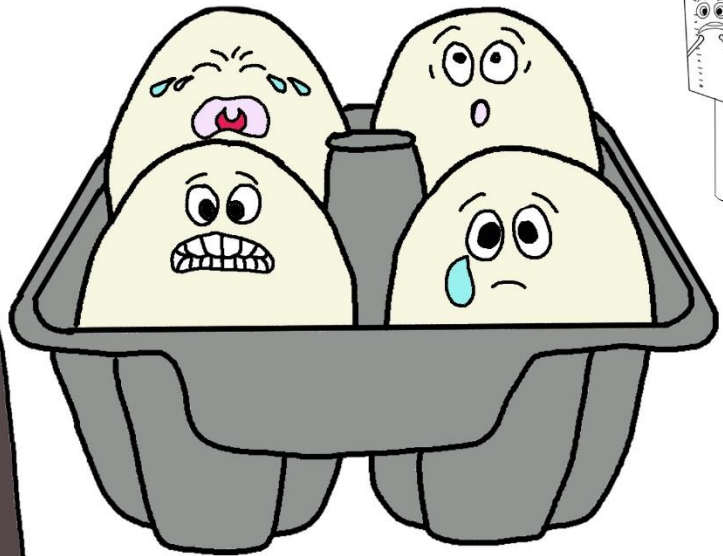
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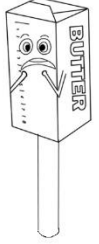
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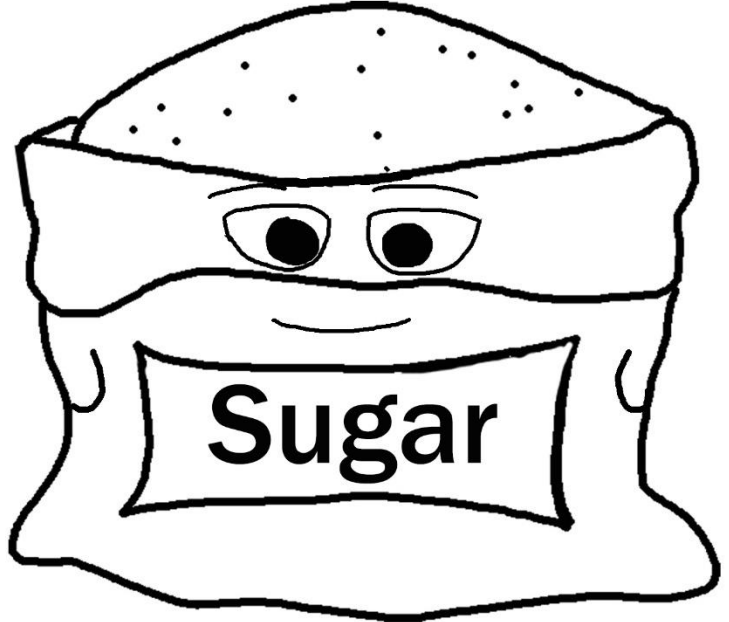
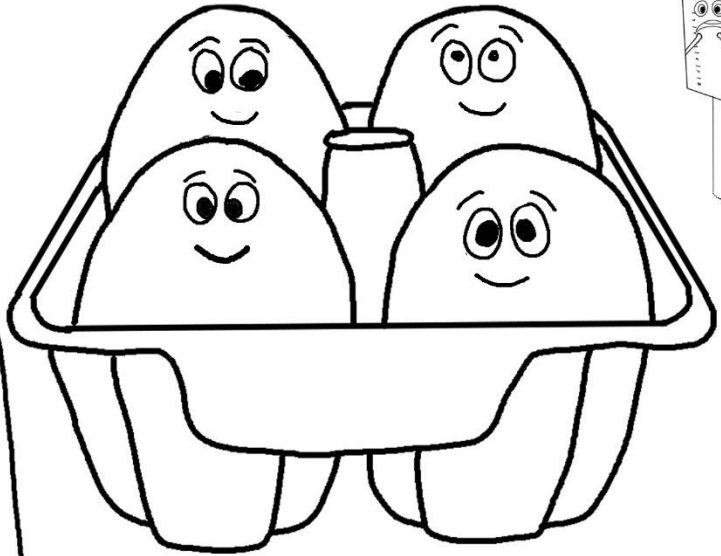
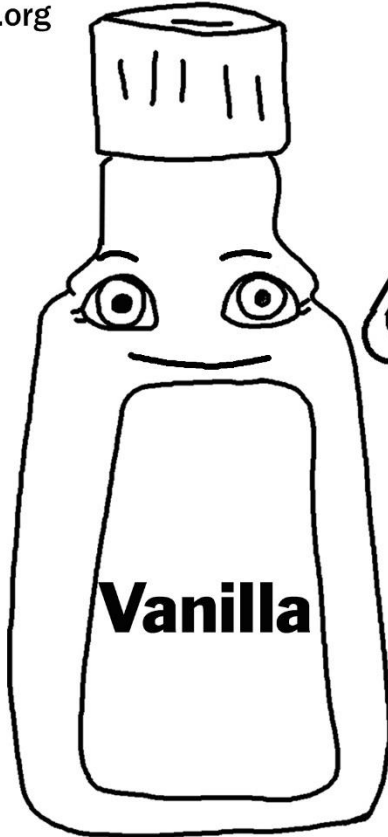
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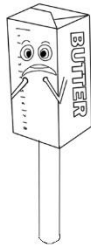
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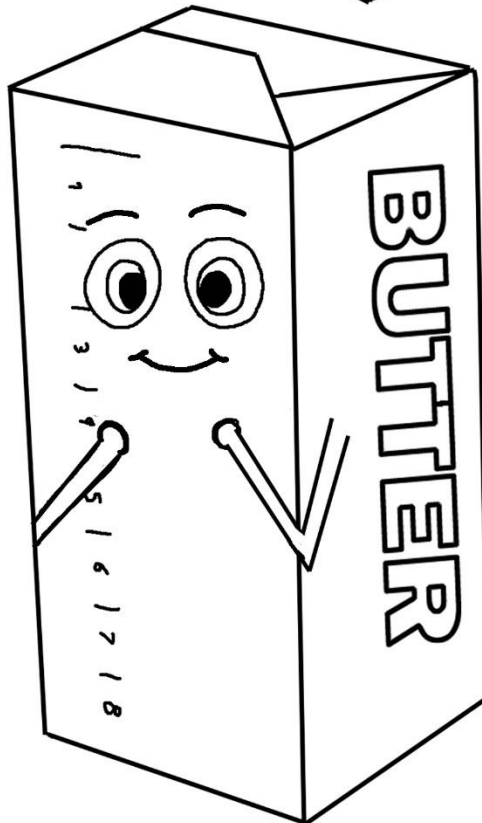
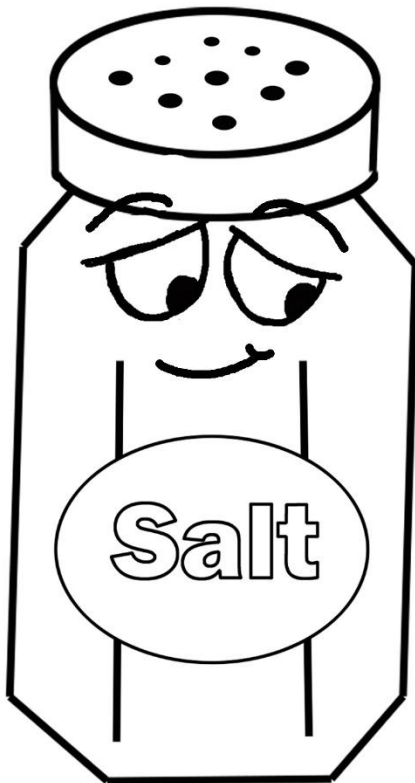
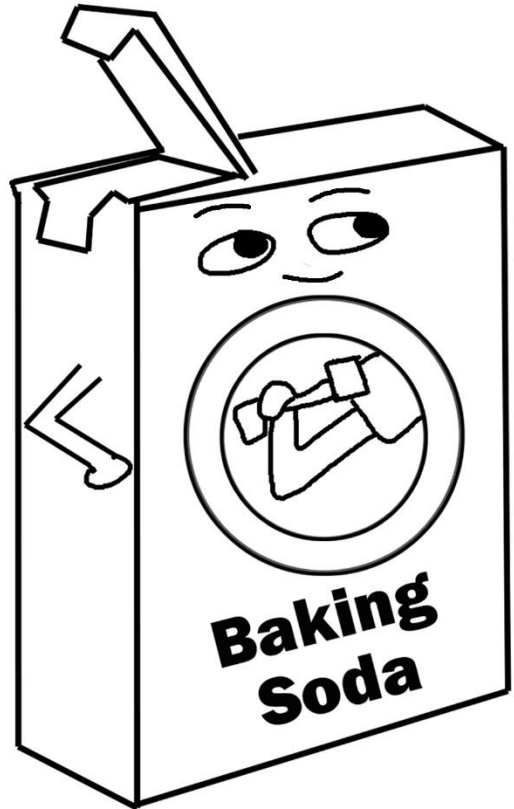
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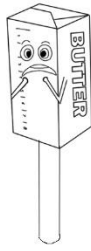


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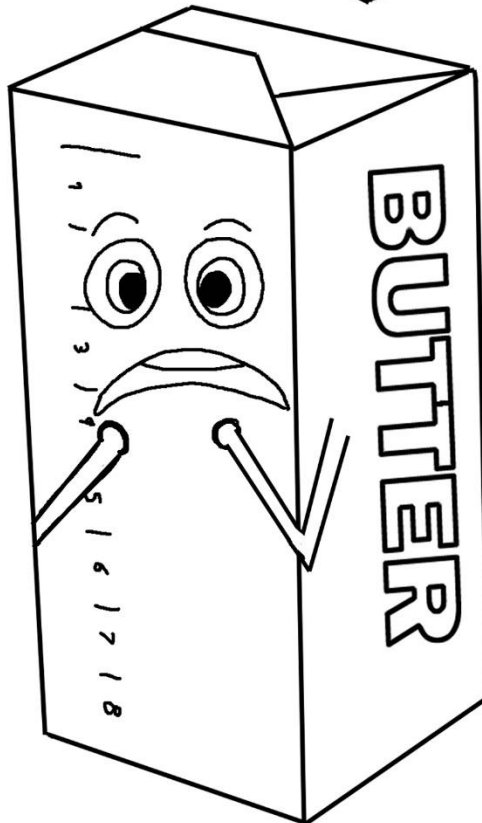
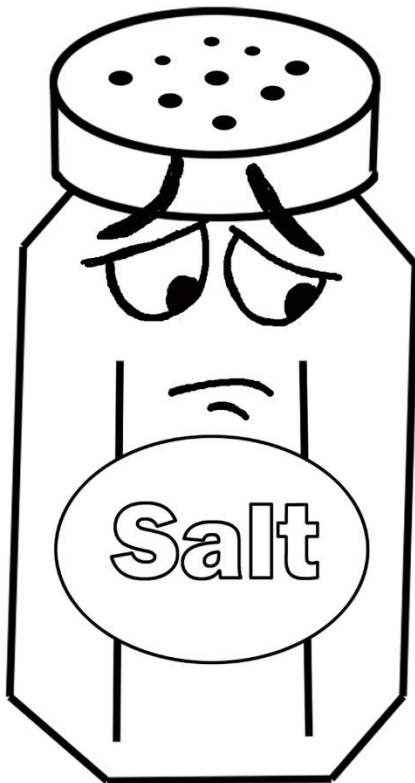
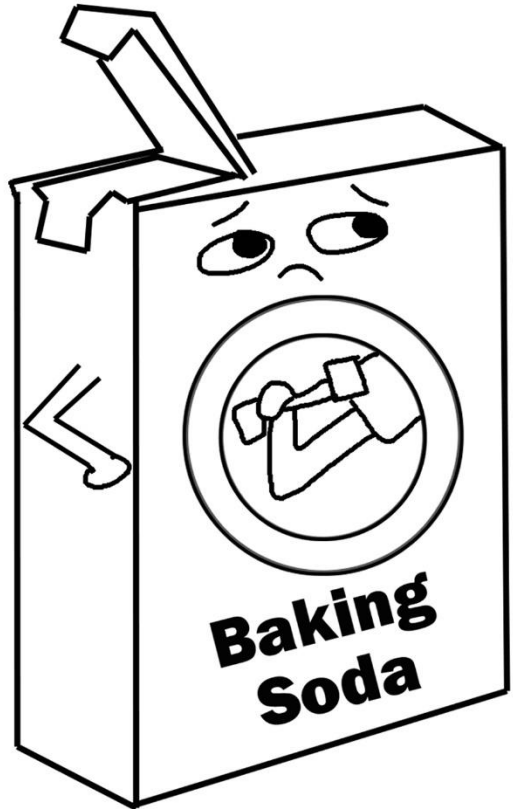
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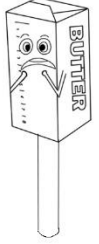


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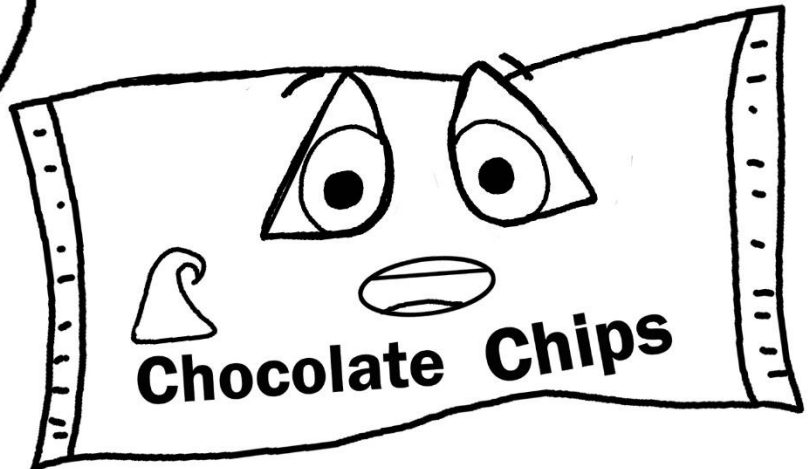
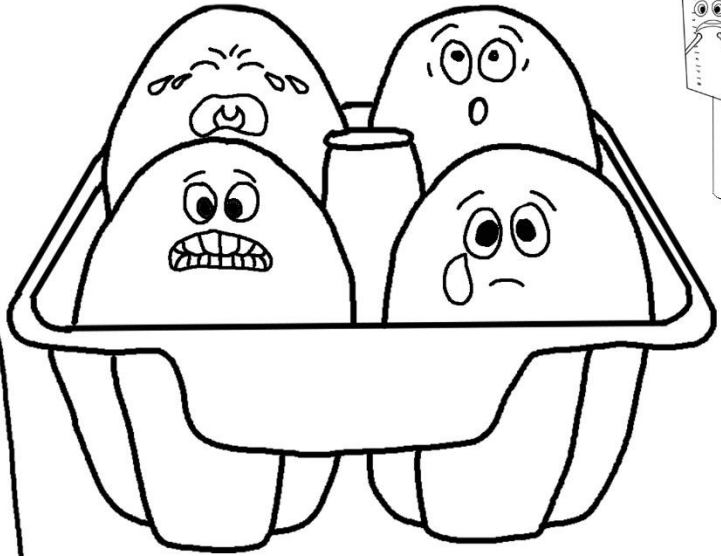
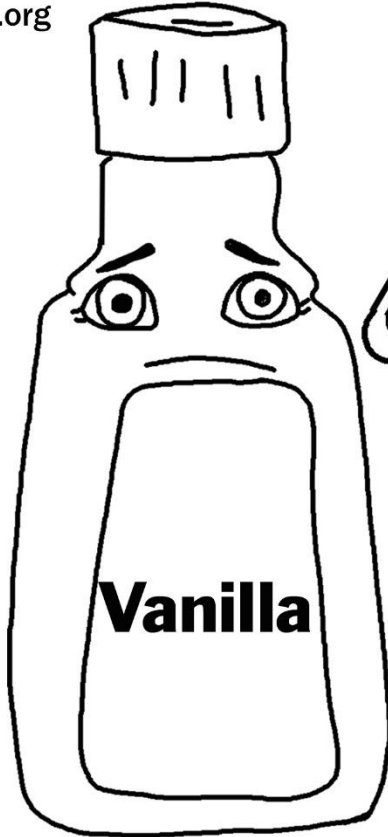
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Tours:

Some missionaries at the Mormon Battalion Site are offering free virtual tours and are wanting to get the word out about them. We did it, and even our young kids loved it! If you'd like to sign up, here is the link: <https://calendly.com/mormonbattalionhs>



After we did this tour, we received an email with links to many other virtual tours that seem like they would be great! Here are those additional links for anyone else who might be interested:

- Live virtual tours of New York and Pennsylvania church history sites (Sacred Grove, Priesthood Restoration site, Peter Whitmer farm, Book of Mormon publication site, etc.) [Schedule Appointment with New York & Pennsylvania Historic Sites \(as.me\)](https://www.as.me/schedule-appointment-with-new-york-pennsylvania-historic-sites)
- Historic Nauvoo Virtual Tours: <https://www.nauvoohistoricsites.org/live/>
- Joseph Smith Birthplace Virtual Tour: <https://calendly.com/josephsmithbirthplace>
- Kirtland Area Historic Sites: <https://go.oncehub.com/historickirtlandtours>
- Independence Virtual Tour
<https://calendly.com/missouriareahistoricsites/independence?month=2021-03>
- Liberty Jail Virtual Tour (should open in April):
<https://calendly.com/missouri/libertyjail?month=2021-03>
- Mormon Trail Center at Winter Quarters: <https://calendly.com/trailcenterschedule>
- St. George Area Historic Sites: <https://calendly.com/sghstabernacle/virtual-tour?month=2021-03>
- Mormon Battalion Site: <https://calendly.com/mormonbattalionhs>