



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Standards

Packet #100308

5 tips for successful Family Home Evenings

- 1. Pray.** Pray about the needs of your family as you consider topics for home evenings, and pray as you prepare.
- 2. Prioritize.** Make Family Home Evening a priority; learn to say no to other activities.
- 3. Involvement.** Involve everyone in the family; help little children take part.
- 4. Commitment.** Be committed and be consistent. Set a designated time and stick to it. Holding Family Home Evening on a weekly basis takes dedication and planning on the part of all family members.
- 5. Relax** and enjoy it. The most important thing your children will remember is the spirit they feel in your family home evenings and activities. Be sure the atmosphere is one of love, understanding, and enjoyment.

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Standards

Conference Talk:

For more information on this topic read "We Will Not Yield, We Cannot Yield," by W. Craig Zwick, *Ensign*, May 2008, 97-99.

Thought:

Live by your standards. Stand up for what you believe in. Sometimes it is not easy, and you may be standing alone for awhile, [but] you will discover that your example will attract many friends who will take courage from your strength of character.

(W. Craig Zwick, "We Will Not Yield, We Cannot Yield," *Ensign*, May 2008, 97-99.)

Song:

"Stand for the Right" *Children's Songbook*, p. 159.

Scripture:

Now Abinadi said unto him: I say unto you, I will not recall the words which I have spoken unto you concerning this people, for they are true; and that ye may know of their surety I have suffered myself that I have fallen into your hands.

(Mosiah 17:9)

Object lesson:

Materials needed: A piece of fencing wire.

Procedure: Ask your family to imagine that they have a prize horse and they live next to a busy road. Ask if they would let the horse roam free. Ask if they would build a haphazard fence. Would they secure the horse in a well-built fence? Suggest that naturally they would protect it by using a strong tall fence. This isn't done to punish the animal but rather to keep it safe from all the dangers.

Explain that high standards act as the strong, tall, protective fence in our lives. This is one important reason for having high standard. We are valuable to our Heavenly Father. He desires to keep us safe and protect us from the ways of the world.

(Beth Lefgren and Jennifer Jackson, *More Power Tools for Teaching*, [Salt Lake City: Bookcraft, 1991], p. 76.)

Story:

by Ezra Taft Benson

My brothers and sisters, as I travel about the world, it is a glorious thing to note how the Church is growing and increasing. One very fine leader of a foreign state, when I asked him if there were any Mormons in his particular capital city, said: "Mr. Secretary, I have traveled a great deal, and I have come to believe that the Mormons are everywhere. Wherever I go, I find them." His statement called to mind an incident when we first moved to Washington back in 1939 or 1940. I had gone to my office early to get some work done before the telephones started ringing. I had just seated myself at the desk when the telephone rang. The man at the other end said, "I would

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like to have lunch with you today. I am a stranger to you, but I have something that is very urgent." I consented reluctantly, and a few hours later we faced each other across a luncheon table at a downtown hotel.

He said, "I suppose you wonder why I have invited you here." Then he added: "Last week as I came out of a luncheon meeting in Chicago, I told some of my business associates that I had been given the responsibility of coming down to Washington, D. C., to establish an office and employ a man to represent our corporation." Then he listed some of the assets in his great business organization. He said, "I began telling my associates of the kind of young man I would like to represent us in this office in Washington. First of all, I said to my associates, I wanted a man who is honest, a man of real integrity, a man who lives a clean life, who is clean morally, who, if married, is a devoted husband, and who, if unmarried, is not chasing lewd women." He said, "I would like a man who doesn't drink, and if possible I would prefer to get a man who doesn't even smoke. One of my business associates spoke up and said, 'Well, what you want is a returned Mormon missionary.' I had heard of your Church," he said. "In fact, I recall two young men in dark suits calling at our home some months ago. As I rode down here on the train last night, I decided that maybe a returned Mormon missionary was exactly what I needed. Why not? So as I registered at the hotel last night I said to the man at the desk, 'Are there any Mormons in Washington?' And the man at the desk said, 'I don't know, I suppose there are. They seem to be everywhere. But Mr. Bush, the manager, is here, and I'll ask him.' He asked Mr. Bush and gave me your name. Now that is why I have invited you here. Can you give me the names of three or four young men who meet the standards which I have just outlined?"

Well, of course it was not difficult to give him the names of three or four or a dozen who fully met the standards he outlined. I mention this, my brethren and sisters and friends, because in the Church we have certain standards—standards of living, standards of morality, standards of character which are coming to be well known to the world. These standards are admired. People with such standards are sought after. These standards are based upon true, eternal principles. They are eternal verities.

(Leon R. Hartshorn, *Outstanding Stories by General Authorities*, [Salt Lake City: Deseret Book, 1971].)

Activity:

Play "Traps."

Two people face each other and join hands, holding their hands high so that the marching group can go under them, players march around the circle. When the music stops the couple lower their hands and attempt to catch as many other players as possible in the trap. The person caught becomes one of the members of the trap.

Gospel application: Do not get caught in Satan's trap.

(Alma Heaton, *The LDS Game Book*, [Salt Lake City: Bookcraft, 1968], p. 46.)

Refreshment

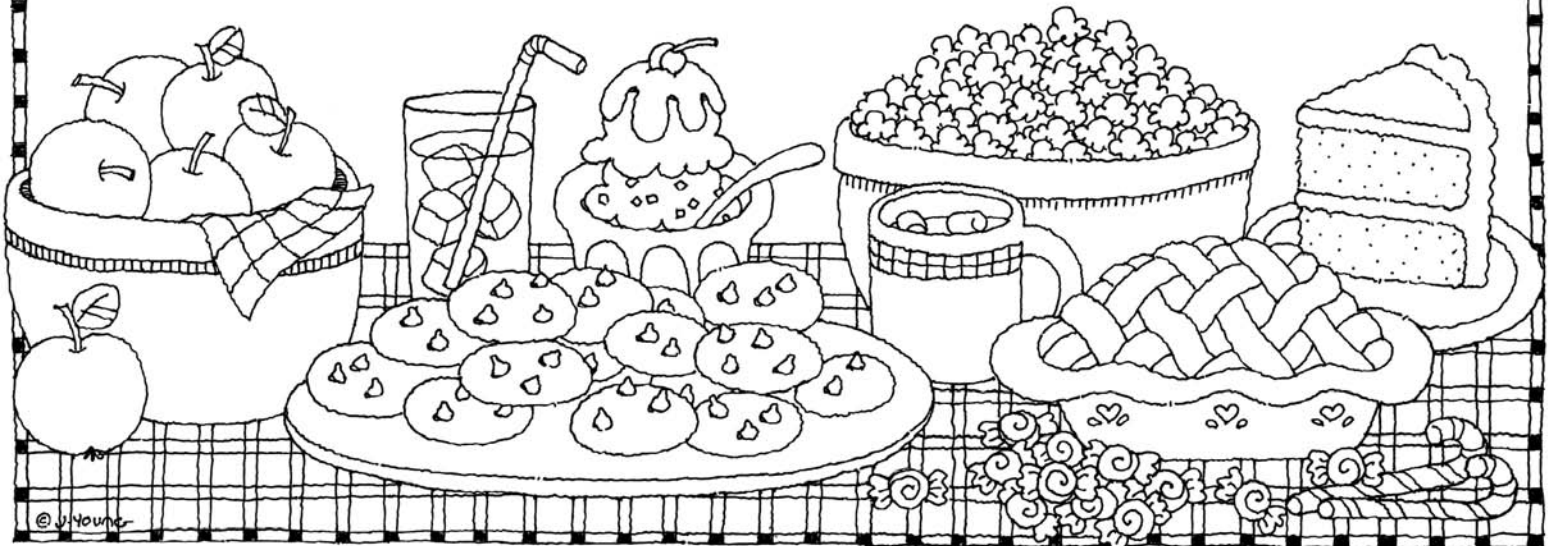
Yummy Pumpkin Bars

4 eggs	1/2 teaspoon salt
2 cups sugar	1 3-ounce package cream cheese, softened
1 cup oil	1 teaspoon vanilla
1 15-ounce can pumpkin	1 tablespoon milk or cream
2 teaspoons ground cinnamon	6 tablespoons butter, softened
2 cups all-purpose flour	3 cups powdered sugar
2 teaspoons baking soda	dash of salt

PREHEAT OVEN TO 350 DEGREES. Spray a 9x13-inch baking dish with nonstick cooking spray; set aside. In a large bowl, beat eggs with an electric mixer until frothy. Add sugar, oil, and pumpkin; mix until smooth. Add cinnamon, flour, baking soda, and salt. Spread evenly in prepared pan and bake 25 to 30 minutes. Cake is done when a wooden toothpick inserted in center comes out clean. Cool completely on a wire rack.

Prepare frosting by mixing cream cheese, vanilla, milk or cream, butter, powdered sugar, and a dash of salt in a medium bowl until smooth. Frost cake and cut into squares.
Makes 18 to 24 squares.

(Jill McKenzie, *52 Weeks of Proven Recipes for Picky Kids*, [Salt Lake City: Shadow Mountain, 2008] p. 106.)



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